

AMERICAN MEAT INSTITUTE

120

WARTIME

MEAT RECIPES

1942

Mary Thompson
Santa Ana,
Calif



How to find Recipes in this Book

Black margin marker
AT TOP
indicates Pork recipes.

Black margin marker at
UPPER CENTER
indicates Beef recipes.

Black margin marker at
CENTER
indicates Veal recipes.

Black margin marker at
LOWER CENTER
indicates Lamb and
Mutton recipes.

Black margin marker at
BOTTOM
indicates Smoked Meats and
Sausage recipes.

*Place thumb at section indicated
to find each group.*

MEAT AND WARTIME NUTRITION

Why is meat Item No. 1 on Uncle Sam's food shopping list? Why does the man-in-training get nearly a pound of meat a day? Why is meat a basic part of every Army ration, even down to pocket-size Field Ration K?

Meat, to which man always instinctively has turned, is now recognized by science and by the government as a protective food, containing many of the essential nutrients which make for health, stamina and vitality.

Meat provides:

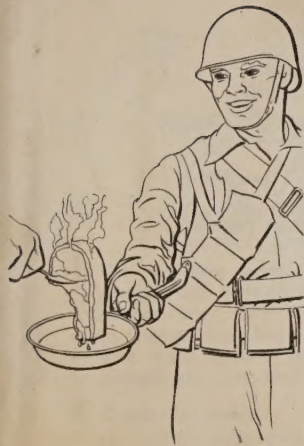
Complete high-quality proteins.

***Essential B vitamins—thiamine,
riboflavin, niacin.***

***Important minerals—iron, copper,
phosphorus.***



This Seal means that all statements regarding health and nutrition made in this booklet are acceptable to the Council on Foods and Nutrition of the American Medical Association.





WHAT THE HOUSEWIFE CAN DO

ROASTING TIMETABLE

Oven temperatures: 300°F. for smoked pork, lamb and veal; 350°F. for fresh pork.

	Thermometer Reading*	Minutes per Pound
BEEF —rare	140°F.	18 to 20
medium	160°F.	22 to 25
well-done	170°F.	27 to 30
PORK —fresh (always well-done)	185°F.	30 to 35
**smoked	170°F.	25 to 30
LAMB	180°F.	30 to 35
VEAL	170°F.	25 to 30

1. Use available meats. Learn to prepare the cuts which are available from day to day, even though you have never served them before. All can be deliciously prepared.

2. Conserve in cooking . . . moderate, even temperatures mean less shrinkage—less loss of food values.

*Internal food temperature when removed from oven. **Hams which are specially processed for tenderness require shorter cooking time. These hams should be cooked to a lower internal temperature (150°-160°F.), allowing 20 to 22 minutes per pound.

3. *Learn how to braise meat properly.*

Many of the available cuts will require braising rather than broiling or pan-broiling. Meat dishes most commonly prepared by braising are:

Beef pot roasts

Swiss steak

Country Fried steak

Flank steak

Pork shoulder steaks and chops

Lamb shanks, breast and neck
slices

Veal shoulder steaks or chops



Braising is simply a method of browning meat quickly, adding very little water and cooking slowly in a tightly covered pan which keeps the moisture in.

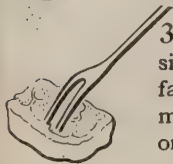
(See next page)

(Braising—continued)



1. Season meat with salt and pepper.

2. "Dredge" (or sprinkle) with flour, if desired.



3. Brown meat on all sides in hot fat. (The fat may be that which melts out of the meat or may be added.)



4. Add small amount of liquid, if necessary. If liquid cooks away, a little more may be added.



5. Cover tightly.

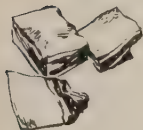
6. Cook at simmering temperature on top of range or in a slow oven, until tender.

4. Learn how to make a good stew.

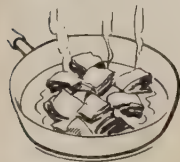
A stew is always popular and is practically a meal-in-one. Tasty stews can be made from beef, veal, or lamb. Here are the simple rules for making a stew:

(See next page)

(How to make a stew—continued)



1. Have meat cut into small, uniform pieces. Season with salt and pepper.



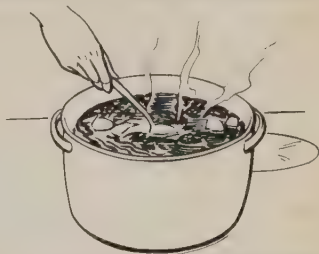
2. Brown on all sides if desired in own fat or hot lard.

3. Cover meat with hot water.

4. Cover kettle closely.

5. Cook slowly until the meat is

tender. *Do not boil.* Meat should be cooked at a simmering temperature.



6. Add vegetables just long enough before meat is tender to be done, but not overcooked.

7. Thicken liquid for gravy. Serve with meat or in separate dish.

5. *Extend meat with other foods.*

Meat with cereals

Meat loaf made
with bread crumbs
or oatmeal

Braised meat with
noodles

Meat pie

Stuffed meats

Stew with dump-
lings

Curry with rice

Meat balls or sauce or cooked sausage
meat with spaghetti or macaroni



Meat with vegetables

Stew or pot roast with vegetables

Ground meat baked in vegetables

Ham shanks with beans

Tongue and spinach

Braised oxtails or short ribs with
vegetables

Baked lima beans and bacon squares

Shepherd's pie (mashed potato topping)



Meat with eggs

Diced or ground meat
in omelets or soufflés

Cooked sausage meat
scrambled with eggs



Meat with milk or cheese

Creamed meat

Salt pork or bacon
squares with cream
gravy

Ham and cheese
sandwich

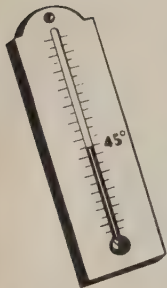
Bacon or ham with toasted cheese

Meat in soup

Beef barley soup made from soup bone

Oxtail soup with vegetables and rice

Split pea soup with ham bone



6. Store meat safely. Keep it in the coldest part of the refrigerator or your coldest storage space. A temperature of 45° Fahrenheit or lower is needed. Be doubly careful of ground raw meat. It spoils more quickly than meat in one piece. If you have no refrigerator, buy meat only shortly before you intend to use it.

7. Serve attractively. Don't let food go to waste after it is served.

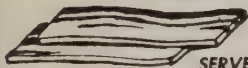
8. Vary the seasonings. This is important when meat choice is limited and you have to serve the same kind of meat over and over.

AMERICAN MEAT INSTITUTE
Principal Office, Chicago



BRAISED PORK LIVER

and Bacon



SERVE WITH

Escalloped Tomatoes
Baked Potatoes

1 lb. pork liver sliced $\frac{1}{2}$ lb. bacon

Pan-broil the bacon. Season and dredge the liver with flour and braise in $\frac{1}{4}$ cup of bacon drippings. After browning add 2 tablespoons of catch-up to $\frac{1}{4}$ cup of water and simmer approximately 20-25 minutes.

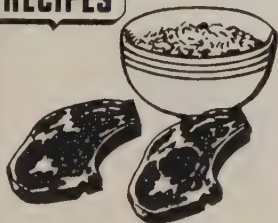
Serves 4.

There is good nutrition in any cut of meat



Pineapple Stuffed

PORK CHOPS



SERVE WITH
Glazed Carrots
Green Beans

4 double-thick pork
rib chops

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Dressing:

1 cup dry bread crumbs
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{2}$ cup crushed or
diced pineapple
(drained)

1 egg
2 tablespoons pine-
apple juice
2 tablespoons butter
 $\frac{3}{4}$ teaspoon salt

Have chops cut double thickness and pocketed for stuffing on bone side of chop. Rub inside and out with salt. Make dressing by mixing crumbs, pineapple, juice, seasonings, celery, beaten egg and melted butter. Pack into pockets in chops. Place chops on rack in roasting pan, sprinkle with salt and pepper and place in 350° F. oven for 1 $\frac{1}{4}$ hrs. **Serves 4.**

There is good nutrition in any cut of meat



ROAST FRESH HAM

Fresh whole or half
ham
Salt and pepper

1 cup brown sugar
1 teaspoon mustard
Whole cloves



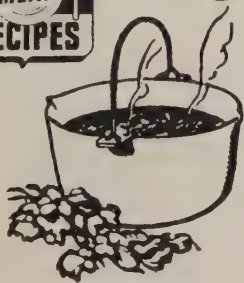
SERVE WITH
Steamed Broccoli
Mashed Sweet Potatoes

Lay the ham fat side up on a rack in an open roasting pan. Sprinkle cut surface with salt and pepper. Make incision and insert meat thermometer so that center of bulb reaches center of fleshiest part. (Bulb should not rest on fat or bone.) Place ham, uncovered, in moderate oven (350° F.) and roast until done. It will be done when thermometer registers 185° F. Allow about 30 min. per pound for roasting. When almost done, remove from oven, and take off rind (if not already removed). Score fat in diagonal lines, stick with whole cloves, rub surface with brown sugar-mustard mixture. Return to oven to finish roasting and to brown. *Serves 3 to the pound.*

There is good nutrition in any cut of meat



PORK FEET and Greens



SERVE WITH
Creamed Potatoes

Wash the pork feet. Cover them with cold water and cook them at simmering temperature (do not boil) for about 2 or 3 hours, until tender. Season, and serve on hot platter with spinach or other greens.

There is good nutrition in any cut of meat



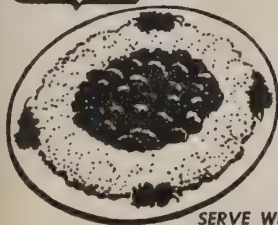
STEWED PORK HEARTS

with Rice Border

1½ lbs. pork hearts
2 tablespoons cubed
onion
2 tablespoons cubed
carrot

1 stalk celery
2 tablespoons flour
2 tablespoons butter
½ teaspoon salt
1 tablespoon vinegar

Wash hearts and remove all veins and tough fibers. Cut in small pieces and cover with water for 15 min. Drain; add boiling water to cover. Add cut carrot, onion and celery. Simmer gently 3-4 hrs. Mix flour and melted butter and stir into the hot stew. Add vinegar and salt, and stir until thickened. Serve with border of steamed rice. Sprinkle with chopped parsley. **Serves 4.**



SERVE WITH

Stewed Tomatoes
Cole Slaw

There is good nutrition in any cut of meat



PORK CHOPS

Braised in Milk



SERVE WITH
Baked Sweet Potatoes
Cauliflower with Buttered
Crumbs

4 loin end pork chops

1 teaspoon mustard

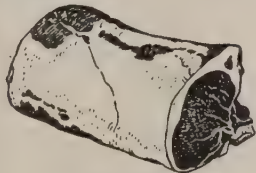
Salt and pepper 1 cup evaporated milk

Dip chops in flour and brown well on both sides in lard or meat drippings. Season with salt and pepper, add mustard in tiny dots to each chop and pour milk (undiluted) over meat. Cover and cook in 350° F. oven for 45-50 minutes. Serve on chop plate garnished with parsley or celery leaves. **Serves 4.**

There is good nutrition in any cut of meat



ROAST LOIN OF PORK



SERVE WITH
Applesauce
Spinach

Have backbone loosened from ribs so that carving will be easy. Season with salt and pepper and place with the fat side up, bones down, in an open roasting pan. Make an incision and insert a meat thermometer so that the center of the bulb reaches the center of the fleshiest part of the meat. Put the roast in a moderate oven (350° F.) and cook without covering and without adding water. It will be done when the meat thermometer registers 185° F. Allow about 30 min. per lb. for roasting. Make a gravy from part of the drippings and season it with sage. *Serves 3 to the pound.*

There is good nutrition in any cut of meat



Pan-Broiled Boneless

PORK FEET



SERVE WITH
Tomato Sauce
Braised Red Cabbage

6 pork feet
 2 quarts cold water
 1 large carrot
 1 medium onion
 Bread crumbs

Few sprigs parsley
 Salt
 3 tablespoons whole
 mixed spices
 3 stalks celery

Cover pork feet with cold water; add carrot, onion, celery, salt and spices; simmer gently about 3½ hrs. or until tender enough for bones to slip out. Drain, slip out bones and press into shape with hands. Place between two platters with a weight on top; let cool overnight. Separate; dip in melted butter; roll in fine bread crumbs. Let stand in refrigerator after patting well. Pan-broil on lightly greased skillet to a golden brown, turning frequently. Garnish with parsley. **Serves 4.**

There is good nutrition in any cut of meat



FRICASSEED PORK HEARTS



SERVE WITH
Hominy
Buttered Beets

3-4 pork hearts
Seasoning
Flour
Bacon fat

2 onions
1 cup diced carrots
1 cup canned
tomatoes

$\frac{1}{2}$ cup hot water

Wash and clean hearts. Slice or chop the hearts into $\frac{3}{4}$ -inch pieces across the grain. Season. Roll in flour and brown in bacon fat, in a heavy kettle. Add sliced onions, tomatoes and hot water. Cook slowly, covered, on top of the stove for $2\frac{1}{2}$ to 3 hours. Add carrots the last hour.

Add more water from time to time if original amount cooks away. Thicken liquid for gravy. **Serves 4.**

There is good nutrition in any cut of meat



PORK KNUCKLES and Sauerkraut

4 pork knuckles 2 quarts boiling
3 teaspoons salt water
1 quart sauerkraut



SERVE WITH
Boiled Potatoes
Tomato Salad

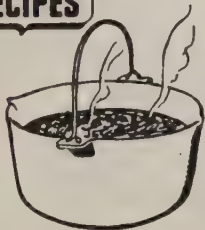
Place whole knuckles in boiling salted water. Cover and simmer until meat is tender, about $2\frac{1}{2}$ to 3 hours. 20 minutes before serving, pour off most of water and add the sauerkraut. Let heat thoroughly. Serve the meat on a bed of sauerkraut. **Serves 4.**

There is good nutrition in any cut of meat





PORK KIDNEY STEW



- | | |
|------------------------|-----------------------------------------|
| 1 lb. pork kidneys | $\frac{1}{8}$ teaspoon pepper |
| 2 onions, medium sized | 3 cups water |
| 1 teaspoon dry mustard | 2 tablespoons flour |
| 1 teaspoon salt | 2 tablespoons butter or bacon drippings |

Remove heavy veins from kidneys. Cube kidneys and soak 1 hr. in cold salted water. Drain; add fresh cold water; bring to boiling point. Drain; add 3 c. cold water. Bring to boiling point, skim, add sliced onions and seasonings. Simmer about 1 hr. until kidneys are tender. Brown flour in fat and gradually add kidneys and stock, stirring constantly. Cook slowly about 15 minutes.

Serves 4.

SERVE WITH
Boiled Rice or Mashed Potatoes
Green Salad

There is good nutrition in any cut of meat



BAKED PORK FEET



SERVE WITH
Spinach
Macaroni and Cheese

Barely cover the pork feet with cold salted water. Heat to boiling point and simmer until tender, about 3 hours. Arrange on a greased baking sheet and bake in a hot oven (450° F.) until browned.

There is good nutrition in any cut of meat



PORK LIVER LOAF

1½ lbs. pork liver
4 slices bacon
½ onion
¼ cup chopped
parsley

2½ cups soft bread
crumbs
2 eggs
2 teaspoons salt
⅛ teaspoon pepper

Let slices of liver stand in hot water for 10 minutes and then grind with the onion and bacon. Add eggs, crumbs, parsley and seasonings and pack firmly into a loaf pan. Bake 1 hour at 350° F. *Makes 6-7 servings. May be sliced cold if desired.*



SERVE WITH
Creamed Potatoes
Broccoli

There is good nutrition in any cut of meat



COUNTRY "BOILED" DINNER



SERVE WITH
Green Salad
Hard Rolls Mustard Pickles

1½ lbs. pork
neckbones

Water

1 tablespoon salt

½ teaspoon pepper

8 onions

8 potatoes

8 carrots

Small head of cabbage

Wipe the meat with a damp cloth. Cover with water and allow to simmer until nearly tender, about 1½ hours. Season. Prepare vegetables and add carrots and onions whole. Cook fifteen minutes and add whole potatoes. Cook twenty minutes and add quartered cabbage. Cook until cabbage is done.

Serves 4.

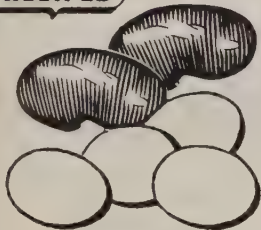
There is good nutrition in any cut of meat



PORK KIDNEYS and Scrambled Eggs

2 pork kidneys
Flour
2 tablespoons butter
or bacon
drippings

Paprika
Salt and pepper
4 eggs
4 tablespoons milk
or water

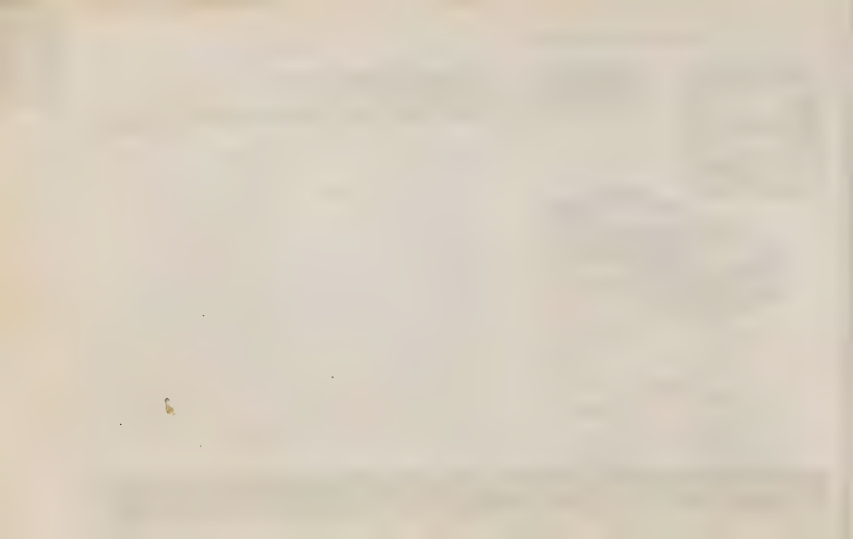


SERVE WITH
Toast Coffee

Cut kidneys in half, remove outer membrane and heavy veins. Soak 1 hr. in cold salted water. Drain; add fresh cold water; bring to boiling point. Drain; blanch under cold water. Cut into thin slices. Dust lightly with flour and cook very slowly in fat for thirty minutes. Season with paprika and salt. Beat the eggs and add the milk or water, salt and pepper. Cook in fat until done. Place scrambled eggs in center of platter with kidneys in border around them.

Serves 4.

There is good nutrition in any cut of meat





PORK TENDERLOIN CREOLE



SERVE WITH
Mashed Potatoes
Green Beans

- | | |
|---------------------------------|-----------------------|
| 1½ lbs. pork tenderloin, sliced | 1 teaspoon salt |
| 3 tablespoons flour | 4 carrots |
| 3 tablespoons lard | 1 onion, sliced |
| 2 cups tomatoes | ½ green pepper, diced |

Dredge meat with flour; brown in lard. Pour tomatoes over meat, add seasonings, onion, carrots and green pepper. Place in covered pan and cook in slow oven (325° F.) for 1 hour. **Serves 4.**

There is good nutrition in any cut of meat



PORK LIVER

with Spanish Sauce and Lima Beans

$\frac{1}{2}$ lb. pork liver

Salt

Flour

1 small onion

2 tablespoons lard

2 cups cooked
tomatoes

2 cups cooked lima
beans

(Note: If dried lima
beans are used, soak
in water for 2 hours,
then boil until tender.)



SERVE WITH

Cabbage and Carrot Salad
with Lemon Dressing

Slice liver in $\frac{1}{2}$ -inch slices. Cut in 1-in. pieces. Season and dredge with flour. Brown sliced onion and liver in lard (or bacon drippings). Add tomatoes. Cover and cook slowly 20 to 30 minutes. Serve over the hot lima beans. **Serves 4.**

There is good nutrition in any cut of meat



BACKBONES

Farm Style



SERVE WITH
Browned Potatoes
Apple and Celery Salad

2½ lbs. country
style backbones
1½ teaspoons salt

Pepper
½ teaspoon poul-
try seasoning

Brown country style backbones. Add seasoning, cover and cook in a moderate oven (350° F.) for about 1½ to 2 hours or until well-done. Pork always requires thorough cooking at moderate temperature to bring out the full rich flavor. **Serves 4.**

There is good nutrition in any cut of meat





PORK BRAINS

and Eggs

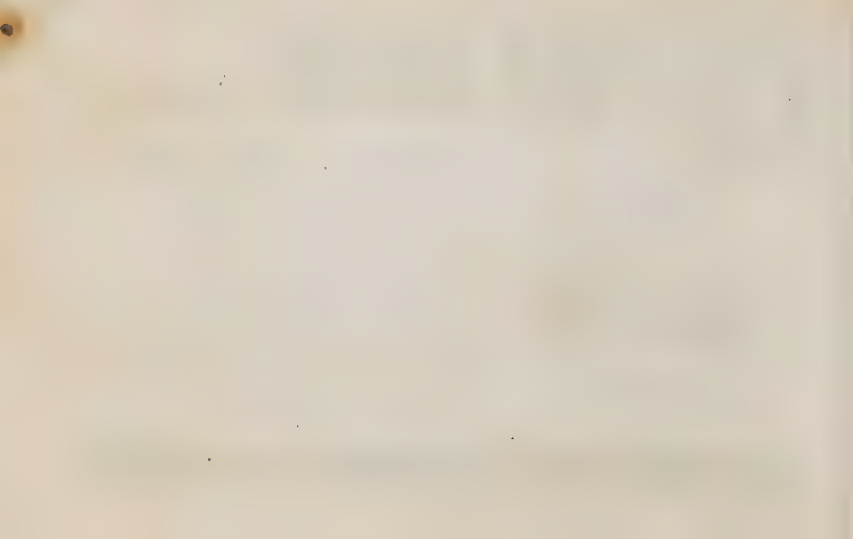


SERVE WITH
Additional Toast
Coffee

- | | |
|------------------------------|-------------------------|
| 1 cup pork brains | 2 tablespoons butter |
| 3 eggs | 1 teaspoon grated onion |
| 2 tablespoons minced parsley | 2 teaspoons salt |
| 4 slices toast | |

Soak brains in cold salted water $\frac{1}{2}$ hr. Skin and remove all fiber. Cut or chop into small pieces. Put into frying pan in which butter, onion and parsley have been heated. Stir until brains are cooked (10-12 min.). Add eggs beaten with 2 tablespoons cold water. Cook over moderate fire and stir until set. Season and serve on toast. Garnish with parsley. **Serves 4.**

There is good nutrition in any cut of meat





**Celery
Stuffed**

SPARERIBS



SERVE WITH
Applesauce
Creamed Cabbage

2 sides spareribs
 $\frac{1}{2}$ cup diced salt pork
1 onion, chopped
1 cup celery, chopped

3 cups soft bread
cubes
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

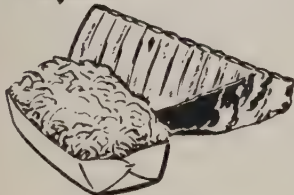
Fry the salt pork until crisp, then remove the pieces. Cook the onion in the fat for a few minutes, then add the crisp salt pork, celery and bread cubes. Season with salt and pepper. Spread one section of the spareribs with the dressing. Cover with the other section and sew or tie in place. Sprinkle the outside with salt and pepper and rub with flour. Lay the stuffed ribs on a rack in an open roasting pan and bake, uncovered, in a 350° F. oven for 30 minutes to the lb. (about 2 hours). **Serves 8.**

There is good nutrition in any cut of meat



SPARERIBS

and Sauerkraut



SERVE WITH
Boiled Potatoes in
Jackets

2 lbs. spare-
ribs

1 quart sauer-
kraut

$\frac{1}{2}$ cup hot water

Place spareribs and water in covered pan. Simmer for 2 hours. Add sauerkraut, and cook for 15-20 minutes longer. **Serves 4.**

There is good nutrition in any cut of meat

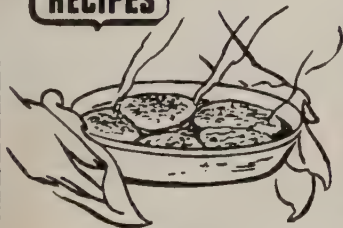


PORK TENDERLOIN

Baked in Cream

Pork tenderloin, cut
crosswise in 2-in.
pieces
Salt
Pepper

Flour
2 tablespoons lard
or bacon drippings
 $\frac{1}{2}$ cup light cream or
top milk



SERVE WITH
Sweet Potatoes
Baked Apples

Place each slice of pork tenderloin between pieces of waxed paper and flatten with wooden potato masher or mallet. Season with salt and pepper; sprinkle with flour, sauté in lard or bacon drippings until well browned. Place in baking dish. Add $\frac{1}{2}$ cup light cream or top milk to drippings in pan, bring to a boil and pour over meat. Cover and simmer, or bake in moderate oven (350° F.) about $\frac{1}{2}$ hour, or until tender. One large tenderloin will provide 6 pieces. Allow 1 to 2 pieces per portion.

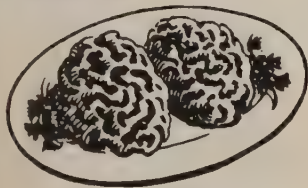
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FRIED PORK BRAINS

2 lbs. pork brains
Salt
Vinegar

$\frac{1}{2}$ c. flour
3 tbsp. fat
Salt and pepper



SERVE WITH
Tomato Sauce
Green Lima Beans

Soak the brains in cold water. Remove membranes. Simmer very gently for 15 minutes in water to which 1 teaspoon salt and 1 tablespoon of vinegar have been added to each quart of water. Drain; chill in cold water. Drain. Season, roll in flour and fry in hot fat until nicely browned on both sides—about 15 minutes. **Serves 4.**

There is good nutrition in any cut of meat





BARBECUED SPARERIBS



SERVE WITH
Escalloped Potatoes
Lettuce with French
Dressing

2 lbs. pork
• spareribs

1 onion

$\frac{1}{4}$ cup catchup

$\frac{1}{2}$ cup water

1 teaspoon

Worcestershire
sauce

$\frac{1}{8}$ teaspoon chili
powder

Cut ribs in pieces for serving. Place in baking dish. Slice onions over the top and add other ingredients. Cover and cook in a moderate oven (350° F.) about 2 hours. **Serves 4.**

There is good nutrition in any cut of meat



BEEF TONGUE and Spinach



SERVE WITH
Spinach
Boiled Potatoes

How to prepare fresh tongue: Cover with cold water, add $1\frac{1}{2}$ teaspoons salt to each quart of water; bring to a boil. Simmer slowly until tender. Allow $2\frac{1}{2}$ to $3\frac{1}{2}$ hours. Keep tongue in the liquid until cool enough to handle, then remove outer skin. Serve hot slices with hot piquant sauce or cooked spinach or other greens dressed with French dressing. **How to prepare smoked beef tongue or pickled tongue:** Cover with cold water, bring to a boil, reduce heat and simmer $2\frac{1}{2}$ to 3 hours, or until tender. Keep tongue in the liquid until cool enough to handle, then remove outer skin. Serve in thin slices, cold. **Serves 4 to the pound of meat.**

There is good nutrition in any cut of meat



TOMATO POT ROAST

BEEF



SERVE WITH
Green Salad

2½ to 3 lbs. beef
chuck or rump
2 tablespoons
lard
½ clove of garlic

1 tablespoon salt
2 cups tomato
juice
5 potatoes
5 carrots

Brown meat *slowly* in lard. When well browned add tomato juice, salt and garlic. Cover tightly and simmer until tender, approximately 3½ hours. Add vegetables 45 minutes before done.

Serves 5.

There is good nutrition in any cut of meat



BRAISED OX JOINTS



SERVE WITH
Head Lettuce with
Bleu Cheese Dressing

1 oxtail
Flour
2 tablespoons butter
1 cup water
1 cup canned
tomatoes
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

1 teaspoon celery salt
4 whole cloves
1 bay leaf
3 cups diced carrots
2 small onions, chopped
 $\frac{1}{2}$ clove of garlic
 $\frac{1}{4}$ cup diced turnips
 $\frac{1}{4}$ cup lemon juice

Cut oxtail in short lengths for ox joints, roll in flour and brown in 1 tablespoon butter slowly, about 15 minutes. Add water, tomatoes and seasonings; simmer about 2 hours or until tender. Brown carrots, onions, garlic and turnips in 1 tablespoon butter 3-4 minutes; add to meat and cook $\frac{1}{2}$ hour longer. Add lemon juice the last 10 minutes of cooking.

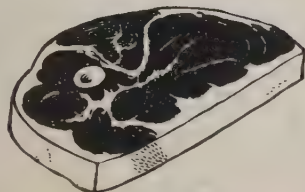
Serves 4 or 5.

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CHUCK STEAK

with Mushroom Gravy



SERVE WITH
Jacketed Potatoes
Cole Slaw

1½ lbs. blade or
round bone
chuck steak cut
½ inch thick
¼ cup flour

2 teaspoons salt
¼ teaspoon
pepper
1 can mushroom
soup

Rub the flour, salt and pepper into the steak. Brown slowly in hot skillet. When brown on both sides add the mushroom soup, cover tightly and let simmer for 1 hour. **Serves 4.**

There is good nutrition in any cut of meat

BEEF





**BEEF
SHANK**

BARLEY SOUP

BEEF



SERVE WITH
Kidney Bean Salad
Toasted Rye Bread

2 lbs. beef shank
2 cups water
1 teaspoon salt
 $\frac{1}{8}$ teaspoon
pepper
 $\frac{1}{8}$ teaspoon
cayenne
 $\frac{1}{3}$ cup diced
celery

$\frac{1}{3}$ cup julienne carrots
 $\frac{1}{3}$ cup onions, chopped
2 tablespoons parsley,
chopped
1 quart soup stock (or
beef bouillon)
3 tablespoons
barley
 $\frac{1}{2}$ teaspoon Worces-
tershire sauce

Add water and seasonings to beef shank and simmer about 2 hours or until tender. Pick meat from bones and return meat to stock. Add vegetables, soup stock and barley. Simmer 25-30 minutes. Add Worcestershire sauce and serve. **Serves 5, 1 cup each.**

There is good nutrition in any cut of meat



Western
Ranch

MEAT LOAF

BEEF



SERVE WITH
Creamed Potatoes
Spiced Beets

2 lbs. ground beef
1 medium onion
 $\frac{3}{4}$ cup diced celery
 $\frac{1}{4}$ cup lard
 $\frac{1}{3}$ cup diced green
pepper
1 tablespoon salt

2 eggs
3 cups soft bread
crumbs
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup tomato juice
2 tablespoons
melted butter

Chop onion. Brown onion and celery in lard. Combine with green pepper, salt, eggs, bread crumbs and water to make a dressing. Add half of the dressing ($1\frac{1}{2}$ cups) to the meat, mixing well. Pat out half the meat mixture in a two-quart loaf pan. Cover with remaining dressing, then top with remaining meat mixture. Bake in a moderate oven (350° F.) $1\frac{1}{4}$ hours. Baste twice with tomato juice and butter to keep loaf moist. *Serves 8.*

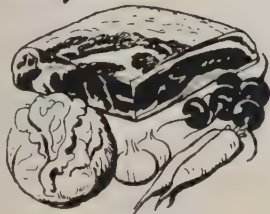
There is good nutrition in any cut of meat



NEW ENGLAND DINNER

BEEF

4 lbs. beef brisket 6 carrots
(fresh or corned) 1 small head cabbage
6 onions 12 small beets



SERVE WITH
Mixed Green Salad

Cover meat with boiling water. (If fresh brisket is used, add $1\frac{1}{2}$ tablespoons salt to cooking water.) Simmer slowly in covered kettle 3 to 5 hours or until tender. Forty-five minutes before serving add onions and carrots. Fifteen minutes later add quartered cabbage. Cook beets separately. Serve on a large platter, with the meat in the center and the vegetables arranged around it. **Serves 6.**

There is good nutrition in any cut of meat



BRAISED SHORT RIBS

of Beef with Vegetables



SERVE WITH
Pan-Fried Potatoes

2 lbs. beef short ribs
Flour
2 tablespoons lard
2 teaspoons salt
 $\frac{1}{8}$ teaspoon pepper

$\frac{1}{2}$ onion
 $\frac{1}{2}$ cup water
2 carrots
 $\frac{1}{2}$ green pepper (if
desired)
2 stalks celery

Cut short ribs into individual squares and flour them. Brown slowly on all sides in lard, allowing 20-30 minutes for browning. Add seasonings, onion (minced), and $\frac{1}{2}$ cup water. Cover closely and simmer for 2 hours. Add vegetables, cut small, and continue cooking for 30-40 minutes. Remove meat to platter, thicken the vegetable gravy with 1 tablespoon flour stirred into $\frac{1}{2}$ cup water. **Serves 4 or 5.**

BEEF

There is good nutrition in any cut of meat



BEEF BRAINS and Scrambled Eggs

BEEF



SERVE WITH
Crisp Toast

- | | |
|------------------------------|-------------------------|
| 1 cup beef brains | 1 teaspoon grated onion |
| 1 tablespoon butter | |
| 2 tablespoons minced parsley | 3 eggs |
| | 2 teaspoons salt |
| | 4 slices toast |

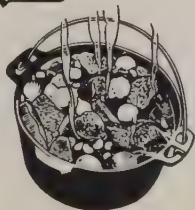
Soak brains in cold salted water $\frac{1}{2}$ hour. Skin and remove all fiber. Cut or chop into small pieces. Put into frying pan in which butter, onions and parsley have been heated. Stir until brains are cooked 10-12 minutes. Add eggs beaten with 2 tablespoons cold water. Cook over moderate fire and stir until set. Season, and serve on toast. Garnish with parsley. *Serves 4.*

There is good nutrition in any cut of meat



HUNGARIAN GOULASH

BEEF



SERVE WITH
Cabbage and Carrot Salad

2 lbs. beef chuck or
neck meat
2 onions
2 tablespoons
butter
Paprika

$\frac{1}{8}$ teaspoon caraway
seed (if desired)
 $\frac{1}{2}$ teaspoon powdered
marjoram
1 clove of garlic
 $1\frac{1}{2}$ teaspoons salt
1 cup water

Cut meat into 1-inch cubes. Let onions brown in butter, then add meat and let it brown lightly. Add caraway seed, marjoram, chopped garlic, and enough paprika to effect a noticeable red color. Add water and salt, cover and simmer for $2\frac{1}{2}$ hours. Add more water if necessary. Whole potatoes may be added to the goulash $\frac{1}{2}$ hour before done. Some goulash recipes call for the addition of tomatoes. Strained tomatoes may be substituted for water in this recipe. *Serves 6.*

There is good nutrition in any cut of meat



SWEETBREADS & BACON

BEEF



SERVE WITH
Toast Points
Creamed Peas and Carrots

Precooking: (To be done immediately on receipt of sweetbreads)

Soak sweetbreads in cold water for 30 minutes, then simmer very gently for 20 minutes in water to which 1 teaspoon salt and 1 tablespoon lemon juice or vinegar have been added for each quart of water used. Drain, drop into cold water, and remove loose membrane. Use at once or keep in refrigerator.

2 pairs sweetbreads
Bread crumbs

8 slices bacon
Beaten egg

Season whole precooked sweetbreads. Dip in crumbs, beaten egg, and again in crumbs. Fry bacon until crisp. Remove to hot pan and keep warm. Brown sweetbreads in hot drippings. *Serve with bacon. Serves 4.*

There is good nutrition in any cut of meat



BEEF BRISKET

with Horse-
Radish



SERVE WITH
Plain Boiled Potatoes

Select a three or four-pound piece of fresh beef brisket. Cover with hot water. Season with salt and pepper. Cook at a simmering temperature three to four hours or until tender.
Serves 3 to the pound.

Horse-Radish Sauce

1 tablespoon butter 1 tablespoon lemon juice
1 tablespoon flour Salt
1 cup milk Pepper
 $\frac{1}{2}$ cup horse-radish 1 tablespoon pimienta

Melt butter and add flour. Add milk slowly, stirring constantly until mixture boils. Drain horse-radish, combine with lemon juice, seasonings, and pimienta. Add to cream sauce. Serve hot with brisket of beef.

There is good nutrition in any cut of meat



BEEF POT ROAST with Horse-Radish

BEEF



SERVE WITH
Boiled Noodles,
Topped with Buttered Crumbs
Brussels Sprouts

Select a three or four-pound rump or chuck pot roast. Season with salt and pepper. Brown well on all sides, adding 2 tablespoons of lard to kettle, if necessary. When browned, spread $\frac{1}{2}$ cup prepared horse-radish over the meat. Add 1 cup water, cover closely and cook at a simmering temperature about $3\frac{1}{2}$ hours. Turn the pot roast once or twice so that it will cook evenly. Thicken the liquid and add water for gravy. **Serves 3 to the pound.**

There is good nutrition in any cut of meat



Cross-
Cut

BEEF SHANK STEW

BEEF



SERVE WITH
Boiled Potatoes

2 lbs. beef shank
(cut in 2-inch
pieces)

2 tablespoons
lard

2 teaspoons salt

1 cup cooked
tomatoes

1 cup water

1 onion

$\frac{1}{2}$ cup diced
celery

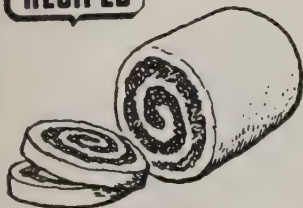
Brown meat in lard. Season. Add tomatoes, water, sliced onion, and celery. Cover and cook slowly, or bake in a moderate oven (350° F.) about 2 hours. **Serves 4 or 5.**

There is good nutrition in any cut of meat



BEEF BISCUIT ROLL

BEEF



SERVE WITH
Green Peas
Braised Celery

1 lb. ground beef
chuck
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ cup chopped green
pepper

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon
pepper
Butter or beef
fat

Brown the onion, green pepper and beef in butter or beef fat in a frying pan. Add the seasonings. Make a regulation biscuit dough and spread dough with meat mixture and roll like jelly roll. If dough is too soft, chill in refrigerator first, then cut in $1\frac{1}{2}$ -inch slices. Place in greased pan, cut side up, brush tops with melted butter. Bake 20-25 minutes at 450° F. Serve with brown gravy or cheese sauce. *Makes 5 or 6 servings.*

There is good nutrition in any cut of meat





MEAT BALLS

with
Spaghetti

BEEF



SERVE WITH
Chopped Green Salad
Bread Sticks

1 lb. ground beef
 $\frac{1}{2}$ lb. ground pork
 $\frac{1}{2}$ cup bread crumbs
1 small onion, grated
1 egg, slightly
beaten
1 tablespoon salt
 $\frac{1}{2}$ teaspoon pepper
1 teaspoon ground
sage

Sauce

1 cup tomatoes
1 cup water
1 onion, minced
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
1 teaspoon chili
powder
1 tablespoon brown
sugar

Combine first eight ingredients and mix thoroughly. Form into small balls, about $1\frac{1}{2}$ inches in diameter and roll in flour. Brown balls lightly in lard. Mix sauce ingredients together thoroughly and boil for three minutes. Add meat balls and simmer 45 minutes, until meat is well cooked. Pour mixture over platter of cooked spaghetti and serve with sprinkling of dry grated cheese. *Serves 6 to 8.*

There is good nutrition in any cut of meat

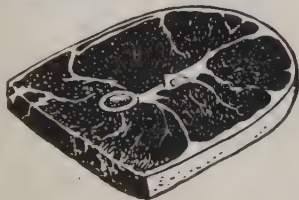




STEAK

with Spanish Sauce

BEEF



SERVE WITH
Escalloped Potatoes

1½ lbs. round or flank
steak
2 tablespoons vinegar
1½ teaspoons salt
¼ teaspoon pepper
1 onion, chopped
1 tablespoon minced
parsley

1 tablespoon minced
celery leaves or
celery
1 small green pepper,
minced
2 tablespoons lard
or meat drippings
2 cups tomato soup
or tomato puree

Score steak on both sides. Cover with mixture of vinegar, salt, pepper, onion and other minced vegetables and let stand for an hour or more. Sear meat in drippings or lard. Place in shallow baking dish with mixture in which meat has soaked. Pour tomato soup or puree over meat and bake for 2 hours at 325° F., or until meat is tender. Serves 4.

There is good nutrition in any cut of meat



BARBECUED SHORT RIBS



SERVE WITH
Baked Potatoes
Broccoli

3 lbs. short ribs
2 tablespoons
lard
1 medium onion
 $\frac{1}{4}$ cup vinegar
2 tablespoons
brown sugar
1 cup catchup

$\frac{1}{2}$ cup water
3 tablespoons
Worcestershire sauce
(optional)
1 teaspoon prepared
mustard
 $\frac{1}{2}$ cup diced celery
2 teaspoons salt

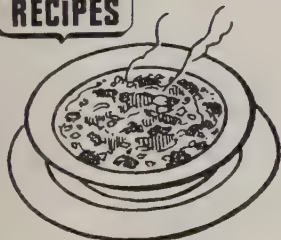
Have ribs cut into sections two to three inches long. Brown in lard. Brown minced onion. Add all remaining ingredients to short ribs. Cover and cook slowly or bake in a moderate oven (350° F.) $1\frac{1}{2}$ to 2 hours or until tender. **Serves 4 or 5.**

There is good nutrition in any cut of meat



OXTAIL SOUP

BEEF



SERVE WITH
Chopped Green Salad
Bread Sticks

1 lb. oxtails
Salt, pepper, flour
2 tablespoons lard
4 cups water
3 allspice berries

1 cup diced carrots
1 cup shredded
cabbage
 $\frac{1}{4}$ cup minced onion

Cut oxtails into small pieces, season and roll in flour. Brown in hot lard in a deep heavy kettle. Add water and allspice. Cover. Simmer 2 to 3 hours or until meat drops from bones. Strain. Remove all meat from bones. To broth, add meat, vegetables and more water if needed. Simmer 20 minutes or until vegetables are tender. Serve very hot.

For a thicker soup, cook $\frac{1}{2}$ cup rice in the broth with the vegetables. *Serves 6.*

There is good nutrition in any cut of meat



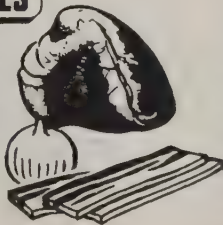
Baked
Stuffed

BEEF HEART

BEEF

3 to 4 lbs. of beef heart
3 slices bacon
1 cup fine bread crumbs
1 small onion

Salt
Pepper
Flour for dredging
Lard for browning



SERVE WITH
Creamed Onions
Green Beans

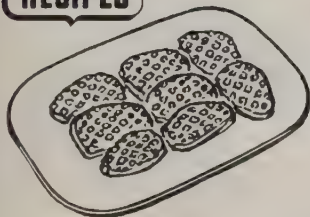
Wash hearts and remove enough of center portion to permit addition of the dressing or stuffing. Dice bacon and fry until crisp. Combine with bread crumbs. Season with finely minced onion. Season cavity in hearts, fill with stuffing, and fasten with skewers. Roll in flour and brown quickly in hot lard, in a heavy kettle. Add a small amount of water. Cover and cook slowly in a moderate oven (350° F.) until the hearts are done—2 to 2½ hours. Thicken the liquid for gravy if desired. Serves 6.

There is good nutrition in any cut of meat



TRIPLE OYSTERS

BEEF



SERVE WITH
Creamed Onions
Whole Kernel Corn

1 lb. fresh beef
tripe
Salt
Pepper

Fine bread or cracker
crumbs
1 egg, beaten
2 tablespoons cold
water

Clean tripe carefully and simmer 1½ hours in water to cover, until tender. Drain. Sprinkle with salt and pepper and cut into oblong pieces the size of an oyster. Dip in bread crumbs, then in beaten egg to which has been added cold water, then dip in crumbs again. Fry in hot lard 350° F. for 2 minutes on each side. **Serves 4 or 5.**

There is good nutrition in any cut of meat



SAVORY BEEF LIVER

and Spaghetti



SERVE WITH
Tossed Green Salad
Corn Sticks

1 lb. beef liver
1 $\frac{1}{2}$ tablespoons
flour
 $\frac{1}{2}$ onion
 $\frac{1}{2}$ green pepper
 $\frac{1}{2}$ cup mushroom
stems and pieces
(if desired)

2 tablespoons butter
or cooking oil
1 No. 2 can tomatoes
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ clove of garlic
3 cups cooked
spaghetti

Dip liver in boiling water for 1 to 2 minutes, then cut in fine cubes and dredge with flour. Chop onion, green pepper and mushrooms and let fry in butter or oil with the chopped liver until liver is lightly browned (about 10 minutes). Add tomatoes, seasonings and garlic, and cover. Cook slowly for 20-25 minutes. Serve over boiled spaghetti with a sprinkling of grated dry cheese over the top. *Serves 4.*

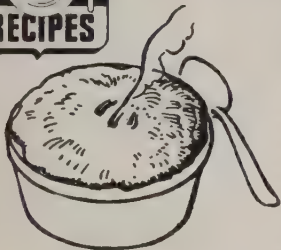
BEEF

There is good nutrition in any cut of meat



BEEFSTEAK & KIDNEY PIE

BEEF



SERVE WITH
Green Lima Beans
Mixed Pickle Relish

1 lb. beef chuck or
round steak
1 veal kidney
 $\frac{1}{2}$ large onion
1 tablespoon lard or
butter
 $1\frac{1}{2}$ teaspoons salt

$\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ tablespoon
Worcestershire
sauce
1 tablespoon flour
 $\frac{1}{2}$ cup boiling
water

Soak kidney in cold salted water for 30 minutes. Cut meat in 1-inch cubes. Drain kidney and cut into even smaller cubes. Let sliced onion brown slowly in lard or butter, then add meats and brown well on all sides. Add salt, pepper and Worcestershire sauce and $\frac{1}{2}$ cup boiling water. Simmer slowly for 2 hours or until very tender. Mix the flour with $\frac{1}{4}$ cup cold water and stir into the meat to thicken it. Transfer to baking dish or individual casseroles and cover top with thin pastry with hole in center for escape of steam. Bake 30 minutes in a 375° F. oven. **Serves 4.**

There is good nutrition in any cut of meat



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BEEF STEW

BEEF



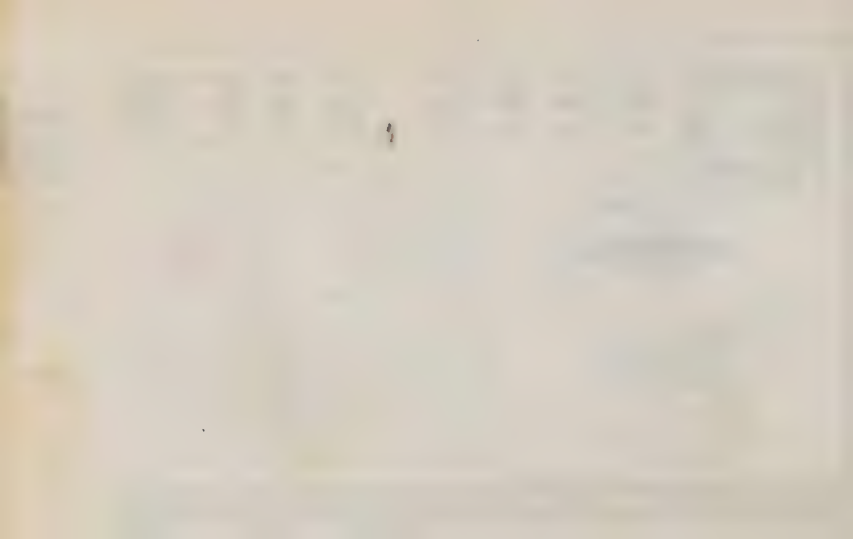
SERVE WITH
Head Lettuce Salad
Crisp Rolls

2 lbs. beef stew meat
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
Flour for dredging
Lard for browning
2 onions, chopped
2 cups boiling water
2 bay leaves

2 cups tomato puree
(or canned
tomatoes)
1 onion, minced
4 stalks celery
(cut in 1-in. pieces)
1 green pepper, diced
3 carrots, sliced
4 potatoes, quartered

Have meat cut into small cubes. Roll in flour, seasoned with salt and pepper, and brown in a little hot lard. Brown the chopped onions in lard. Mix the tomato puree with boiling water, heat and pour over meat and onion. Add bay leaves and simmer 1 hour. Add minced onion, celery, green pepper, carrots and potatoes. Simmer until all ingredients are done—about 1 hour. Liquid may be thickened with flour for gravy. *Serves 6 to 8.*

There is good nutrition in any cut of meat





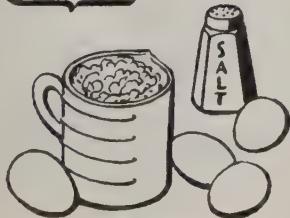
OMELET WITH BRAINS

4 eggs, separated
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup milk

4 teaspoons fat
1 cup precooked
brains

Precook brains by simmering 15 minutes in salted, acidulated water (1 tsp. salt and 1 tbsp. vinegar or lemon juice to one quart water). Drain and drop into cold water.

Beat egg whites until stiff but not dry. Beat yolks with seasonings and liquid. Fold yolk mixture into stiffly beaten whites. Fold in chopped brains. Pour into a hot greased frying pan and spread evenly. Cook slowly until well risen and slightly browned on the bottom; put pan in a moderately hot oven for a few minutes to dry top. Fold and serve at once on warmed serving dish. Any quantity of brains may be used. Sweetbreads may be used in omelets. *Serves 6.*



SERVE WITH
Asparagus

There is good nutrition in any cut of meat

VEAL



BOILED VEAL HEARTS



SERVE WITH

Hot Spiced Tomato Sauce
Spinach or Other Greens

Wash and clean hearts. Simmer in salted water until tender, about 1 to 2 hours. When tender, slice across the grain and serve in hot spiced tomato sauce over hot cooked greens. *One veal heart serves two.*

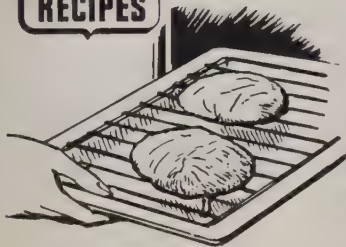
VEAL

There is good nutrition in any cut of meat



SWEETBREADS

Tartar



SERVE WITH
Escalloped Celery

1 pair calf's sweetbreads
 $\frac{1}{4}$ cup tartar sauce or sharp mayonnaise
 $\frac{1}{4}$ cup dry bread crumbs

Precook sweetbreads 20 minutes in 1 quart water to which has been added 2 tablespoons vinegar and 1 teaspoon salt. Drain and remove all membranes. Split in half and roll each piece in the thick mayonnaise or tartar sauce, then in the bread crumbs. Place on broiler rack 5 inches under moderate heat and broil slowly for 8-10 minutes, turning once or twice.

VEAL

There is good nutrition in any cut of meat



TONGUE AND PEAS Scalloped



SERVE WITH
Raw Vegetable Salad

Preparation: Fresh Tongue. Cover with cold water; add $1\frac{1}{2}$ teaspoons salt to each quart of water; bring to a boil. Simmer slowly until tender. Allow 1 to $1\frac{1}{2}$ hours. Keep tongue in the liquid until cool enough to handle, then remove outer skin.

2 cups cooked
tongue

1 cup cooked peas

2 cups medium
white sauce

Grated cheese

Slice tongue, then cut into small pieces. Combine with cooked peas and white sauce. Place in buttered casserole. Top with grated cheese. Bake in a moderate oven (350°F.) about 30 minutes. **Serves 5 or 6.**

There is good nutrition in any cut of meat



BREADED VEAL CHOPS



SERVE WITH
Escalloped Eggplant
Tomatoes and Celery

Choose 6 veal chops, either rib or loin. If veal rib chops are used you may prefer to remove bone and wrap long end of meat around eye muscle to form compact circles of meat. Skewer with toothpick. If loin chops are used, do not remove bone but wrap long end of meat around thick portion and skewer. Dip first in beaten egg diluted with 2 tablespoons water, then in seasoned bread crumbs. Brown on both sides, slowly, in butter or bacon drippings. Then cover and let cook very slowly for 45 minutes. Veal chops are more delicious when cooked slowly and thoroughly. **Serves 6.**

VEAL

There is good nutrition in any cut of meat



VEAL CHOPS

in Sour Cream



SERVE WITH
Boiled Noodles
Green Beans

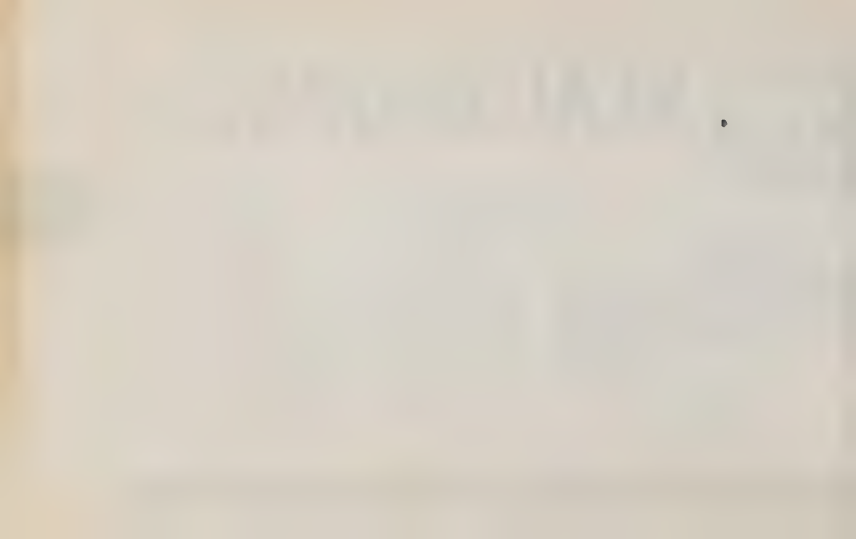
6 veal chops
2 tablespoons flour
2 tablespoons lard

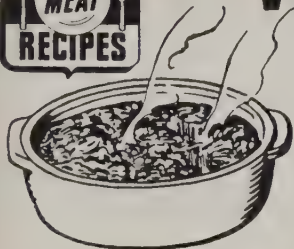
Paprika
Salt and pepper
1 cup sour cream

Dredge veal chops in flour and brown on both sides in hot lard. When nicely browned, season with salt and pepper and paprika. Add sour cream, cover tightly, and cook very slowly until done, about forty-five minutes. Remove to a hot platter and make sour cream gravy by thickening drippings and adding more liquid. **Serves 6.**

There is good nutrition in any cut of meat

VEAL





VEAL STEW

1½ lbs. veal shoulder
or neck

Salt, pepper

Flour

¼ cup lard

2 cups water

6 potatoes (medium)

6 carrots

6 onions

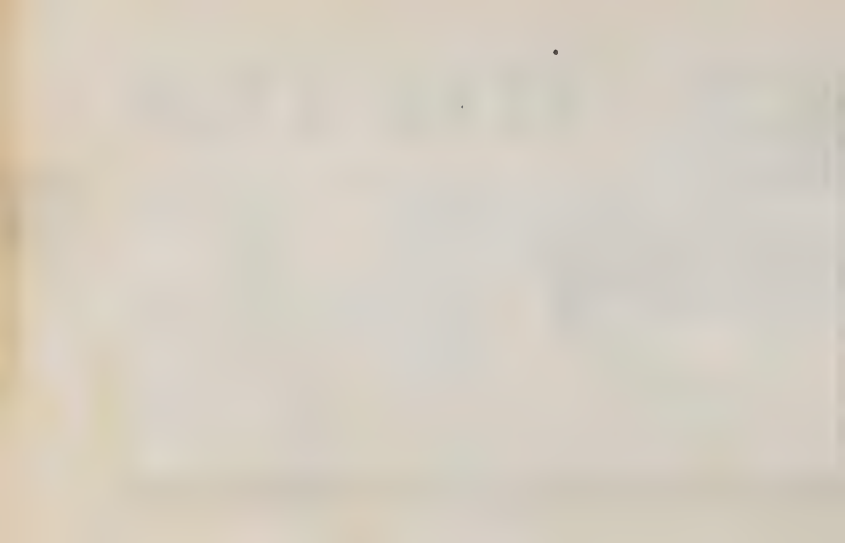
Seasoning

Cut meat into serving pieces (about 6 chunks). Season. Roll in flour. Brown in hot lard. Add about 2 cups of water. Cover and cook slowly 1 hour. Pare the potatoes and carrots. Peel onions. Add to veal. Add more water to prevent burning and to keep 2 cups of stock. Cover. Cook slowly another hour. Serve veal in the center of the platter. Arrange vegetables around meat. Serve with slightly thickened gravy. Serves 6.

SERVE WITH
Head Lettuce
with Thousand Island Dressing
Rye Bread

There is good nutrition in any cut of meat

VEAL





VEAL POTPIE



SERVE WITH
Cabbage and Apple Slaw

2 lbs. veal neck or
breast
2 small onions
6 small potatoes, diced
1 cup diced celery

1 cup diced carrots
3 tablespoons flour
Salt and pepper
Baking powder
biscuits

Cut the veal into cubes and cover with hot salted water. Cook for thirty minutes. Add the vegetables and cook slowly until they are done. Season with salt and pepper. Thicken the liquid with flour smoothed in cold water. Pour into casserole dish and cover with baking powder biscuits and cook in a moderately hot oven (400° F.) until the biscuits are done, about fifteen minutes. *Serves 6.*

VEAL

There is good nutrition in any cut of meat



JELLIED VEAL LOAF



SERVE WITH
Escalloped Potatoes
Pickled Crab Apples
Buttered Peas

2½ lbs. veal shank,
cut in 2 or 3
pieces
1 medium onion
2 quarts water

2 bay leaves
2 pieces celery
1 tablespoon salt
1 tablespoon Worces-
tershire sauce

Dice onion. Combine ingredients and simmer together 2 hours. Remove veal from bone. Chop veal fine. Strain broth. Cook down to 1 cupful. Add veal. Press firmly into a loaf pan. Chill. **Serves 6 to 8.**

There is good nutrition in any cut of meat



BARBECUED VEAL BALLS

$\frac{3}{4}$ lb. veal shoulder
or neck, ground
 $\frac{1}{4}$ lb. pork shoulder,
ground
1 teaspoon salt

1 tablespoon minced
onion
 $\frac{1}{2}$ cup dry bread
crumbs
 $\frac{1}{2}$ cup milk
1 egg, beaten

Mix all ingredients together and form into balls. Place in baking pan, cover with barbecue sauce and bake in moderate oven 375° F. about 25 minutes. *Serves 4.*

Barbecue Sauce

Mix together $\frac{1}{3}$ cup dill pickle juice, $\frac{1}{3}$ cup chili sauce, 2 teaspoons Worcestershire sauce, $\frac{1}{2}$ teaspoon salt, 3 tablespoons diced dill pickle and 2 drops tabasco sauce.

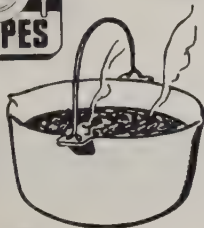


SERVE WITH
Baked Potatoes
Stuffed Onions

There is good nutrition in any cut of meat



CHOP SUEY



SERVE WITH

Rice

Fried Fine Noodles
(if available)

Green Salad

1 lb. pork
1 lb. veal shoulder,
breast or neck
2 cups celery, chopped
1 onion, chopped
1 dozen mild radishes,
peeled
1 green pepper, chopped
 $\frac{1}{4}$ cup butter

1 small can bean
sprouts (if avail-
able)
 $\frac{1}{2}$ tablespoon corn-
starch
1 cup water
2 bouillon cubes
 $1\frac{1}{2}$ tablespoons
soy sauce

Cut meat in small cubes; brown lightly in half the butter. Add celery, onion, radishes, green pepper and remaining butter and brown lightly. Dissolve bouillon cubes in water, add with soy sauce and cover closely. Simmer until vegetables and meat are tender. Add bean sprouts, cornstarch mixed with a little water, and when thickened serve with 1 cup rice (cooked in boiling, salted water for 20 minutes). Serves 6 to 8.

There is good nutrition in any cut of meat

VEAL



SAVORY VEAL STEAKS



SERVE WITH
Mashed Potatoes
Buttered Peas

1½ lbs. veal shoulder
steaks

2 tablespoons flour

1½ teaspoons salt

2 tablespoons lard

1½ teaspoons dry
mustard

2 onions

½ cup water

1 cup top milk

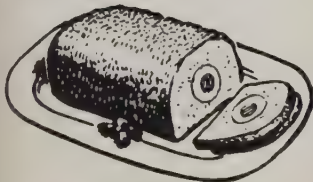
Buy 3 arm bone veal shoulder steaks. Mix dry ingredients and pound into meat. Brown one side in hot lard. Sprinkle with remaining flour mixture. Turn and cover with sliced onions. When second side is brown, add water, cover and simmer 45 minutes. Remove meat to platter. Add milk to drippings, heat thoroughly and serve as sauce with meat. *Serves 5 or 6.*

VEAL

There is good nutrition in any cut of meat



DELECTABLE VEAL LOAF



SERVE WITH
Oven-Browned Potatoes
Buttered Carrots

2 lbs. ground veal
 $\frac{1}{2}$ lb. fresh fat pork
 $\frac{1}{2}$ cup fine dry bread
crumbs
2 tablespoons cream or
undiluted evaporated
milk

1 tablespoon lemon
juice
2 tablespoons
chopped onion
2 teaspoons salt
Pepper
3 hard-cooked eggs

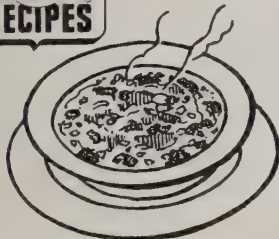
Have veal and fat pork ground together. Combine with bread crumbs, cream, lemon juice, chopped onion and seasonings. Pack into a loaf pan, arranging shelled hard-cooked eggs in a lengthwise row in the center of the loaf. Bake in a moderate oven (350° F.) until done, for about one and a half hours. Serve, sliced, either hot or cold. *Serves 8.*

There is good nutrition in any cut of meat



PHILADELPHIA PEPPER POT

VEAL



SERVE WITH
Rye Bread Toast
Green Salad

4 slices bacon
1 onion
1 green pepper
2 quarts soup stock
or 2 quarts water
and 6 bouillon cubes
1 lb. honeycomb tripe

1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
1 cup diced potatoes
2 tablespoons flour
2 tablespoons butter
 $\frac{1}{2}$ cup evaporated
milk

Cut the bacon into small dice and fry until a golden brown. Add onion and green pepper finely chopped and cook gently for 5 minutes. Add soup stock and tripe which has been washed and shredded. Season with salt and pepper and bring to boiling point. Add potatoes and simmer 1 hour. Thicken with flour and butter which have been creamed together. Just before serving add $\frac{1}{2}$ cup evaporated milk. *Serves 6.*

There is good nutrition in any cut of meat



ROLLED RACK of VEAL

6 rib rack of veal
(weight about 2½ lbs.)
2 teaspoons salt

3 strips of bacon
6 large prunes



SERVE WITH
Orange Stuffed Prunes
Green Beans Au Gratin

Remove bones from veal with sharp pointed knife. Roll and tie into shape, season and wrap with strips of bacon. Roast on rack of any shallow pan in 325° F. oven for 40-45 minutes per lb. Serve with large cooked prunes which have been pitted and stuffed with orange sections. **Serves 3.**

There is good nutrition in any cut of meat



CHEESE VEAL CUTLETS



SERVE WITH
Broccoli
Parsley Buttered Potatoes

Cut 1½ lbs. thin veal round steak into individual cutlets. When this is done sprinkle with 4 tablespoons grated dry type cheese mixed with 4 tablespoons flour and pound it in on both sides. When the steak is well flattened, fry slowly until lightly browned in melted butter, or butter and lard mixed. Let cook 15 minutes keeping the fire very low after first browning. Make milk gravy from drippings. **Serves 4.**

VEAL

There is good nutrition in any cut of meat



BRAISED VEAL KIDNEYS

with Tomatoes

3 veal kidneys	2 tablespoons chopped onion
Salt	2 tablespoons butter
Flour	1 cup cooked tomatoes



SERVE WITH
Green Lima Beans

Cut kidneys in half lengthwise. Remove white membrane. Soak in cold water 15 minutes. Cut into 1-inch pieces. Season. Dredge with flour. Brown onion in fat. Add kidneys and cook with onions for about 5 minutes or until well browned. Add tomatoes. Cover. Simmer 10 minutes or until kidneys are tender and sauce is thickened. *Serves 5 or 6.*

There is good nutrition in any cut of meat

VEAL



VEAL SHOULDER ROAST

with Bacon Stuffing



SERVE WITH
Baked Potatoes
Escalloped Tomatoes

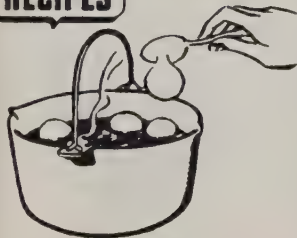
Choose 1 square cut shoulder of veal—boned for stuffing. Weight after boning approximately 5 lbs. Make dressing as follows: Fry 6 slices bacon almost crisp. Chop fine and add bacon and fat to 2 cups soft bread crumbs mixed with $\frac{1}{2}$ cup chopped onion, $\frac{1}{2}$ cup chopped celery, $\frac{1}{2}$ cup chopped green pepper, 2 teaspoons salt, $\frac{1}{2}$ teaspoon poultry seasoning, and 1 tablespoon lemon juice. Place dressing in veal shoulder and tie or sew into a firm roast. Place on rack in uncovered pan; lay 4 or 5 strips of bacon over the top. Steam; roast in 325° F. oven 2½ hours. *Serves 3 to the pound of meat.*

There is good nutrition in any cut of meat



POTTED VEAL SHOULDER

with Dumplings

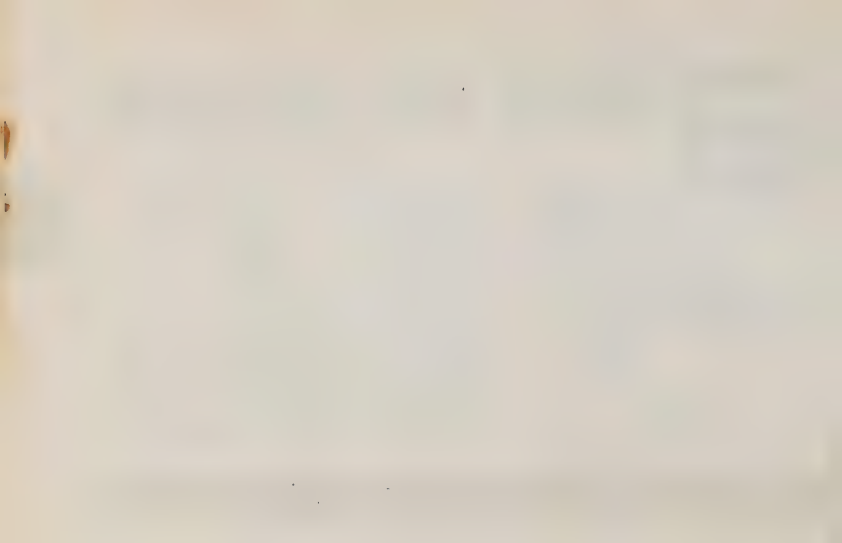


SERVE WITH
Apple and Celery Salad

- | | |
|----------------------|-------------------------------|
| 2 lbs. veal shoulder | $\frac{1}{4}$ teaspoon pepper |
| 1 onion | 2 cups diced potatoes |
| 1 quart water | 6 carrots |
| 2 teaspoons salt | 4 tablespoons flour |
| | $\frac{1}{4}$ cup cold water |

Remove fat and cut meat into one-inch cubes. Simmer veal and sliced onion in water for one hour. Add salt, pepper, potatoes, and sliced carrots. Continue cooking for fifteen minutes. Thicken mixture with the flour and water which have been blended together. Prepare dumplings and drop by teaspoonfuls on top of the meat. Cover closely and steam twelve minutes. Serves 6.

There is good nutrition in any cut of meat





BRAISED VEAL HEARTS



SERVE WITH
Buttered Beets
Water Cress or Parsley

2 veal hearts
Salt and pepper
 $\frac{1}{2}$ cup dry bread
crumbs
or
1 cup soft bread
crumbs

2 tablespoons melted
butter
 $\frac{1}{2}$ teaspoon salt
1 teaspoon lemon juice
 $\frac{1}{8}$ teaspoon celery
salt
 $\frac{1}{2}$ cup water

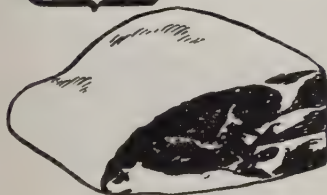
Each heart weighs approximately 1 lb. and serves two or three. Cut open lengthwise with a single long cut. Clean thoroughly, removing valves and arteries. Season with salt and pepper and stuff with dressing made of dry or soft bread crumbs, butter, salt, lemon juice and celery salt, for each heart. Sew or skewer together, and brown hearts on all sides in pot roast kettle. When brown add water, cover closely and simmer two hours.

There is good nutrition in any cut of meat



Spicy

VEAL POT ROAST



SERVE WITH
Pot-Roasted Potatoes
Spinach

Choose 5-lb. rump roast of veal, bone left in. Mix 1 tablespoon of dry mustard, 1 teaspoon poultry seasoning, 1 tablespoon brown sugar, 1 tablespoon salt, and some pepper together, and rub into the roast. Brown the roast very slowly in 3 tablespoons of lard—the more slowly browned the better the flavor. Add $\frac{1}{2}$ cup diced onion, 2 tablespoons vinegar and cover tightly. Simmer over a low fire for $2\frac{1}{2}$ hours. Makes its own gravy. Serves 3 to the pound of meat.

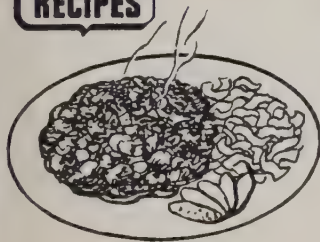
There is good nutrition in any cut of meat

VEAL



VEAL STEW

with Celery
and Noodles



SERVE WITH
Green Salad Bowl

$\frac{1}{8}$ lb. salt pork

2 lbs. veal breast, neck
or shoulder

2 cups water

2 teaspoons salt

2 cups cut celery

2 tablespoons flour

Cut salt pork in cubes and fry until brown, add veal breast, neck or shoulder, cut in 2-inch cubes and brown well. Add water, salt, and cover closely. Let simmer $1\frac{1}{2}$ hours. Add cut celery and continue cooking $\frac{1}{2}$ hour. Thicken the gravy with flour stirred into a little water. Serve with cooked noodles. Garnish with pickle fans.
Serves 5 or 6.

VEAL

There is good nutrition in any cut of meat



**Roast
Stuffed**

VEAL BREAST



SERVE WITH
Glazed Carrots
Green Pickle Relish

4-lb. veal breast
Salt

Pepper
Apple Stuffing

Have breast bone removed from a veal breast and a pocket cut from the end. Season with salt and pepper and fill pocket with Apple Stuffing. Place on a rack in an open roasting pan and roast in a 325° F. oven for about 2½ hrs.

Apple Stuffing

2 cups finely chopped apples	2 tablespoons butter
2 tablespoons parsley	2 cups bread crumbs
	1 teaspoon salt
	½ teaspoon pepper

Cook apples and parsley in butter for a few minutes. Add crumbs, seasonings and enough water to make a slightly moist dressing.

There is good nutrition in any cut of meat

VEAL



ROAST LEG OF VEAL



SERVE WITH

Creamed Potatoes
Brussels Sprouts
Spiced Gooseberries or
Currant Jelly

Choose a 5 to 7-lb. center thigh cut of veal. Place with skin side up on rack in uncovered roasting pan. Season with salt and pepper, and a few thin slices of onion over the top. Add 4 or 5 thin strips of bacon or salt pork to the top and roast in 325° F. oven for approximately 25 minutes per pound, or until meat thermometer registers well-done for veal. *Serves 3 to the pound of meat.*

VEAL

There is good nutrition in any cut of meat



ROAST Cushion Shoulder of LAMB

SERVE WITH
New Potatoes
Mint Jelly
Baked Tomatoes
Lettuce Wedges
with Russian Dressing

1 square cut, boned
shoulder of lamb,
sewed on 2 sides at
market

1 $\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
1 cup diced celery
2 $\frac{1}{2}$ cups soft bread
crumbs

1 tbsp. minced onion
1 tablespoon minced
parsley
1 tablespoon butter
 $\frac{1}{8}$ teaspoon marjoram
 $\frac{1}{8}$ teaspoon celery seed
2 tablespoons water or
meat stock

Sprinkle meat inside and out with 1 tsp. of the salt and $\frac{1}{8}$ tsp. of the pepper. Meanwhile, cook celery, onion and parsley in the butter 5 min. Add remaining $\frac{1}{2}$ tsp. salt and $\frac{1}{8}$ tsp. pepper, and remaining ingredients. Fill pocket in roast loosely with stuffing. Sew or skewer opening. Place meat on wire rack in uncovered roasting pan fat side up. Roast without water in slow oven of 300° F. allowing about 50 min. per lb. of boned, stuffed meat. Make gravy from drippings remaining in the pan.

There is good nutrition in any cut of meat



ROAST LAMB SHOULDER

Currant Barbecue Sauce

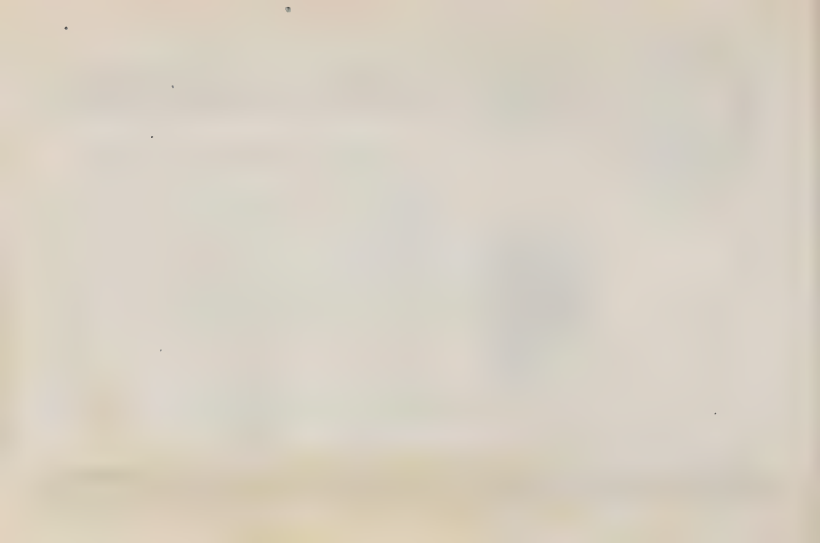


SERVE WITH
Browned Potatoes
Glazed Onions

Have a shoulder of lamb boned and rolled. Rub it with 1 tablespoon salt and $\frac{1}{4}$ teaspoon pepper and place on rack in uncovered roasting pan. Let roast without water or flour added for approximately 35 minutes per pound, or until meat thermometer registers "well-done" (oven temp. 325° F.). During the last hour baste frequently with the following Barbecue Sauce.

Melt 2 tablespoons butter, $\frac{1}{2}$ cup currant jelly and 2 tablespoons vinegar together with $\frac{1}{2}$ teaspoon dry mustard. Serve additional Barbecue Sauce with sliced roast. Serves 3 to the pound of boned meat.

There is good nutrition in any cut of meat





LAMB SHOULDER CHOPS

New Orleans



SERVE WITH
Brown Rice
Green Beans
Chopped Raw Spinach
Carrot and Cauliflower Salad

4 lamb shoulder	$\frac{1}{8}$ teaspoon pepper
chops 1 in. thick	$1\frac{1}{2}$ cups tomato juice
1 tablespoon lard	$\frac{1}{4}$ cup chopped green
1 teaspoon salt	pepper
	$\frac{1}{4}$ cup chopped onion

Brown chops in lard until golden brown. Season with salt and pepper. Add tomato juice, green pepper and onion. Cover and simmer 30 minutes or until tender. **Serves 4.**

LAMB & MUTTON

There is good nutrition in any cut of meat



ROAST LOIN OF LAMB

For Two



SERVE WITH
Pan-Browned Potatoes
Spinach
Hearts of Lettuce Salad

Place a $2\frac{1}{2}$ to 3-lb. loin end of lamb in any shallow baking pan. Season with 2 teaspoons of salt and a dash of pepper and roast at 325° F. for 50 minutes per lb., or approximately 2 hours. Garnish with broiled apricots or pear halves.

There is good nutrition in any cut of meat



BROILED LAMB RIBLETS



SERVE WITH
Creamed Potatoes
Broccoli

One lamb breast
 $\frac{3}{4}$ lb. ground lamb

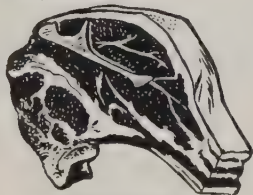
$1\frac{1}{2}$ teaspoons salt
Pepper

Slice down between each rib of the breast, forming slices or riblets. Make a cut between the bone and the meat on each riblet and stuff with the ground lamb. Broil in oven, or pan-broil for 20 minutes. Season when turned. *Serves 5 or 6.*

There is good nutrition in any cut of meat



BRAISED SHOULDER CHOP



SERVE WITH
Brown Rice

Stewed Tomatoes and Onions

1½ lbs. shoulder
lamb chops cut
½ inch thick
2 tablespoons fat
2 tablespoons flour

Pepper
1½ teaspoons salt
1 cup milk
1 tablespoon Worces-
tershire sauce

Brown the chops slowly in the hot fat. When they are well browned stir the flour, salt and pepper into the fat in the pan and cook until flour is brown. Add milk and Worcestershire sauce, cover and simmer over very low heat for 35 minutes. **Serves 5.**

There is good nutrition in any cut of meat



LAMB WITH LIMA BEANS



SERVE WITH
Vegetable Aspic Salad

1 $\frac{1}{2}$ lbs. lamb shoulder
 $\frac{1}{4}$ lb. dried lima
beans
2 tablespoons bacon
drippings or lard

1 small onion or clove
of garlic, chopped
1 $\frac{1}{2}$ teaspoons salt
 $\frac{1}{8}$ teaspoon pepper
1 cup boiling water

Wash lima beans and soak overnight in cold water. Drain. Cut lamb into 1-inch pieces and brown in the fat with the onion or garlic. Add salt and pepper and place in casserole. Add lima beans and boiling water, cover, and cook in slow oven (300° F.) for about 1 hour, or until both meat and beans are tender.
Serves 5 or 6.

There is good nutrition in any cut of meat

LAMB & MUTTON



BRAISED LAMB SHANKS



SERVE WITH
Buttered Noodles
Shredded Carrot
and Lettuce Salad

4 lamb shanks (about
1 lb. each)

2 tablespoons flour

1 teaspoon salt

$\frac{1}{4}$ teaspoon pepper

$\frac{1}{4}$ cup corn syrup

2 tablespoons lard

1 cup water

1 cup pitted cooked
dried prunes

1 cup cooked dried
apricots

Dredge meat with flour, salt and pepper combined. Brown shanks slowly in hot lard.

Place meat in baking dish. With water rinse out browned particles in pan in which meat was browned, and pour over shanks.

Cover meat and cook in a slow oven (300° F.) for about 2 hours or until meat is tender.

Meanwhile glaze cooked dried prunes and cooked dried apricots in $\frac{1}{4}$ cup corn syrup.
Serves 4.

LAMB & MUTTON

There is good nutrition in any cut of meat



LAMB KIDNEY and Sausage Grill

4 lamb kidneys 8 pork sausage links
4 tomatoes Butter
Salt and pepper



SERVE WITH
Hashed Browned Potatoes
Shredded Lettuce
and Raw Carrot Salad

Split kidneys, season and brush with butter. Arrange on broiler rack with sausage links and set 3-4 inches under broiler. Cook 5-6 minutes, then turn meats and add tomatoes which have been cut in half, seasoned and brushed with butter. Broil another 5-6 minutes. **Serves 4.**

There is good nutrition in any cut of meat



LAMB SHOULDER ROAST

with Apricot Stuffing



SERVE WITH
Green Peas
Baked Potatoes

1 lamb shoulder,
completely boned
for rolling
 $\frac{1}{2}$ minced onion
5 tablespoons
melted butter
1 cup chopped
celery

$\frac{1}{2}$ cup chopped dried
apricots
4 cups soft bread
crumbs
1 teaspoon salt
 $\frac{1}{4}$ teaspoon poultry
seasoning
 $\frac{1}{4}$ cup hot water

Mix dressing ingredients and spread onto shoulder meat, then roll tightly and tie firmly in a roll. Place on rack in open roasting pan and roast in 325° F. oven for 40 minutes per pound of meat. **Serves 8.**

LAMB & MUTTON

There is good nutrition in any cut of meat



LAMB RIBLETS and Green Beans

3 lbs. lamb riblets	2 lbs. fresh green beans or 1 can whole green beans
3 tablespoons lard	
Salt and pepper	
6 small onions	4 tablespoons vinegar
6 medium-sized carrots	Flour



SERVE WITH
Molded Fruit Salad

Lamb riblets are made by slicing between the ribs of a breast of lamb. Brown the lamb riblets well in hot lard and season with salt and pepper. Cover with water, cover and cook slowly for thirty minutes. Add onions, carrots and beans, and continue cooking for forty-five minutes or until vegetables are tender. Add the vinegar during the last fifteen minutes of cooking. If canned beans are used, allow about fifteen minutes for heating them. To serve, place ribs in the center of a large platter and arrange vegetables around the outside. Thicken the liquid with flour smoothed in cold water for gravy. **Serves 6.**

LAMB & MUTTON

There is good nutrition in any cut of meat

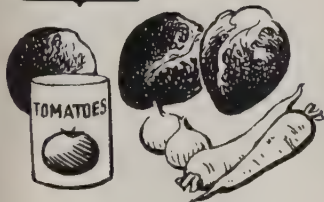


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LAMB HEARTS

3 lamb hearts
1½ teaspoons salt
Flour
Bacon fat

2 onions
1 cup canned tomatoes
½ cup hot water
1 cup diced carrots



SERVE WITH
Parsley Potatoes

Wash and clean hearts. Slice or chop the hearts into $\frac{3}{4}$ -inch pieces across the grain. Season. Roll in flour and brown in bacon fat in a heavy kettle. Add sliced onion, tomatoes and hot water. Cook slowly, covered, on top of the stove for $2\frac{1}{2}$ to 3 hours. Add carrots the last hour. Add more water from time to time if original amount cooks away. Thicken liquid for gravy. *Serves 3 or 4.*

There is good nutrition in any cut of meat

LAMB & MUTTON



LAMB LIVER HASH

1 lb. lamb liver
6 slices of bacon

4 cooked potatoes
 $\frac{1}{4}$ teaspoon salt

Scald and grind the liver. Grind the bacon and combine with the liver. Add diced potatoes. Brown and cook slowly about 10 minutes. Season and serve. **Serves 6.**



SERVE WITH
Harvard Beets
Cole Slaw

There is good nutrition in any cut of meat

LAMB & MUTTON



LAMB ROUND-UP



SERVE WITH
Buttered Noodles
Mixed Vegetable Salad

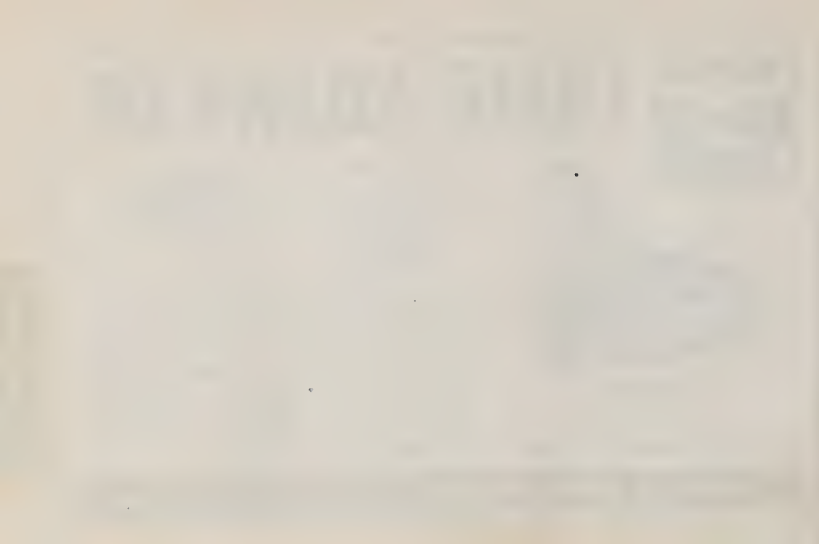
1 lb. boneless breast
of lamb
2 tablespoons lard
1 cup chopped onion
1 can condensed
tomato soup
(approx. 1 cup)

2 teaspoons vinegar
 $\frac{1}{2}$ teaspoon salt
1 teaspoon Worcester-
shire sauce
 $\frac{1}{4}$ cup diced green
pepper

$\frac{1}{2}$ cup evaporated milk

Cut the lamb in narrow strips 1 inch in length. Brown the lamb and onions in melted fat over low heat. Add the tomato soup, evaporated milk, vinegar, salt and Worcestershire sauce. Cover tightly and simmer for 1 hour adding a small amount of water if necessary. The last 5 minutes add diced green pepper. **Serves 4.**

There is good nutrition in any cut of meat





MUTTON CURRY

on Rice



SERVE WITH
Stewed Tomatoes
and Eggplant
Celery Cabbage Salad

1½ lbs. mutton stew
meat

1 onion, chopped
2 tablespoons butter
2 tablespoons flour
3 cups water

2 teaspoons salt
Pepper

½ teaspoon curry
powder
½ cup rice
(uncooked)

Roll pieces of mutton in flour and brown slowly in butter for 10-15 minutes. Add 3 cups water, onion, salt and pepper and simmer slowly for 2 hours. When tender, add curry powder and thicken gravy with 1½ tablespoons flour mixed with ⅓ cup cold water. Serve on a bed of fluffy boiled rice with curry sauce for gravy. **Serves 4.**

There is good nutrition in any cut of meat



ENGLISH GRILL



SERVE WITH
French Fried Potatoes
Creamed Peas

Allow 1 lamb rib chop, 1 lamb kidney, 2 pork sausage links and 2 mushroom caps to each serving. Have rib chops cut 1 rib or $\frac{3}{4}$ inch thick. Arrange chops on broiler and set $3\frac{1}{2}$ to 4 inches under moderate heat unit. Broil 4 to 5 minutes, then add the other foods. The kidneys should be split, seasoned and brushed with butter, the mushrooms washed, dried and dipped in butter. Continue broiling for 10 to 12 minutes, turning all foods once, after 5 to 6 minutes.

Broil chops 14 to 15 minutes.

Broil kidneys 10 minutes.

Broil mushrooms 10 minutes.

Broil pork sausage links 10 to 12 minutes.

There is good nutrition in any cut of meat

LAMB & MUTTON



ROAST LEG OF MUTTON



SERVE WITH
Stuffed Onions
Carrot and Raisin Salad

Do not remove fell from roast. Rub with $1\frac{1}{2}$ tablespoons salt and $\frac{1}{4}$ teaspoon pepper. Cut one clove of garlic into tiny slivers. Cut several narrow, deep gashes in the leg, right down to the bone, and tuck the garlic in. Place roast, fat side up, on rack in uncovered roasting pan. Roast in $300-325^{\circ}$ F. oven for 35 minutes to the pound or to "well-done" on the roast meat thermometer. **Serves 6.**

There is good nutrition in any cut of meat



LAMB LOAF

Mashed Potato Topping



SERVE WITH
Buttered Carrots
Apple and Celery Salad

2 lbs. ground lamb
2 teaspoons salt
 $\frac{1}{4}$ clove of small garlic,
minced very fine
 $\frac{1}{2}$ cup evaporated milk

1 egg
 $\frac{1}{2}$ cup fine cracker
crumbs
3 cups mashed
potatoes

Combine the lamb, salt, garlic, milk, egg and cracker crumbs. Pack in loaf pan and bake for 1 hour and 20 minutes in a 325° F. oven. This is best baked in an oiled bread tin for the loaf then has a nice shape. When the loaf is baked, turn out of the pan onto a cooky sheet or flat pan and frost with the hot mashed potatoes. A pastry tube may be used to ruffle the mashed potatoes over the top. Place in the oven long enough to brown the potatoes slightly. This will take about 10 minutes. **Serves 6 or 7.**

LAMB & MUTTON

There is good nutrition in any cut of meat



Stuffed

BREAST OF LAMB



SERVE WITH
Mashed Rutabagas
Perfection Salad

Lamb breast (2 lbs.)
1 teaspoon salt

$\frac{1}{8}$ teaspoon pepper
2 tablespoons lard

Dressing:

2 cups hot mashed
potatoes
1 cup dry bread crumbs
 $\frac{1}{2}$ cup ground salt pork

4 tablespoons
minced onion
 $\frac{1}{2}$ teaspoon sage
1 egg, beaten

Have lamb breast boned and pocket cut in breast from flank end. Season meat with salt and pepper. Make a dressing by combining all dressing ingredients and stuff into pocket of lamb. Fasten opening with toothpicks. Brown meat on all sides in hot lard. Place a rack in pan; add hot water; cover; and cook in 325° F. for 1½ hours.
Serves 4 or 5.

There is good nutrition in any cut of meat



LAMB STEW

With Tomato
Dumplings

2 lbs. lamb neck
3 tablespoons lard
1½ teaspoons salt
⅛ teaspoon pepper
⅛ teaspoon paprika

4 cups water
6 small potatoes
6 small carrots
6 small white onions
2 tablespoons minced parsley

Cut meat into 2-in. pieces. Brown in hot lard. Add seasonings and water, cover and simmer gently until tender—about 2 hrs. Add vegetables about 45 min. before meat is done. (Cut potatoes and carrots in half lengthwise.) Drop dumplings on top of meat and vegetables. Cover; cook 12 to 15 min. without removing cover. Serve vegetables, dumplings and gravy around meat. Garnish with parsley. *Serves 6.*

SERVE WITH
Green Salad

Tomato Dumplings

1½ cups sifted all-purpose flour
1 teaspoon salt
¾ cup tomato juice

1 tablespoon baking powder
1 egg
1 tablespoon lard

Sift flour, measure. Sift again with salt and baking powder. Beat egg until light. Add melted lard and tomato juice to egg. Combine liquid with flour, stirring only until flour disappears.

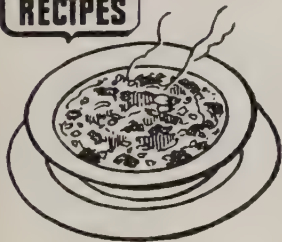
There is good nutrition in any cut of meat

LAMB & MUTTON



LUNCHEON SOUP

(Dried Beef)



SERVE WITH
Raw Vegetable Salad

3½ or 4 oz. dried beef
4 medium potatoes
1 quart water
1 teaspoon salt

⅛ teaspoon pepper
3 tablespoons butter
¼ cup chopped onion
3 cups milk

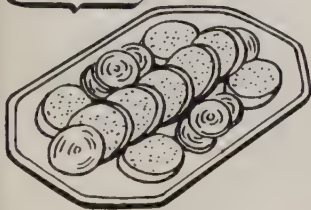
Peel potatoes and cut in tiny cubes. Cover with boiling water, salt and pepper, and let cook gently until potatoes are tender. Meanwhile, place butter in small saucepan, add chopped onion and beef broken into small pieces. Let cook gently until beef is frizzled and onion clear. Combine the potatoes and milk and the beef-onion mixture and cook gently for 10 minutes. Serve hot with toasted crackers. A one-dish meal for luncheon or supper. *Serves 6.*

There is good nutrition in any cut of meat



FRIED LIVER SAUSAGE and Onions

- 1 lb. liver sausage (sliced thick)
- 1 lb. onions, peeled and sliced
- Salt and pepper
- 2 tablespoons bacon drippings



SERVE WITH.

Carrot and Spinach Salad

Cook sliced onions in bacon drippings until tender (5 to 7 minutes), seasoning to taste. Remove to hot platter. Slice sausage into $\frac{1}{4}$ -inch slices and remove casing. Brown the sausage on both sides in the bacon fat. Serve as supper dish. **Serves 5.**

There is good nutrition in any cut of meat



HAM SHANK and Beans

1 ham shank (4-5 lbs.)
Water
2 cups navy beans

1 onion
 $\frac{1}{4}$ cup molasses
2 teaspoons dry mustard



SERVE WITH
Cabbage Slaw

Cover ham shank with water. Bring to a boil, then reduce heat and simmer $2\frac{1}{2}$ hours or until ham drops from bone. Cover beans with warm water. Soak $2\frac{1}{2}$ hours. Drain. Cover with ham broth and boil 10 minutes. Add diced ham and sliced onion. Mix mustard and molasses with ham broth. Add to beans. Add sufficient ham broth to cover beans. Simmer slowly or bake in a slow oven (325° F.) 1 hour. Serves 6 to 8.

If desired, pour $\frac{1}{4}$ cup chili sauce or catchup over beans before baking. Note: Black-eyed peas or red kidney beans may be used in place of navy beans.

There is good nutrition in any cut of meat



BOLOGNA CUPS

with Potato
Salad



SERVE WITH
Buttered Carrots
Sliced Tomatoes

Have large bologna sliced on No. 9 or 11 slicer (twice the usual thickness) and allow 2 slices for each person. Put a little butter in the frying pan and heat the slices of bologna just long enough to cup them, not fry them. It takes about 1 minute for each slice. Arrange the cups on plate or chop plate and fill with a spoonful of potato salad topped with a sprig of parsley.

There is good nutrition in any cut of meat



BAKED HAM with Raisin Sauce

6 lb. butt half of ham 2 tablespoons vinegar
 $\frac{1}{2}$ cup molasses or brown sugar $\frac{1}{2}$ teaspoon dry mustard
Wrap ham in waxed paper and place, cut side down, on rack in uncovered pan. Roast in 325° F. oven for 25 minutes to the pound. $\frac{1}{2}$ hour before done, remove rind, score fat, and cover with mixed vinegar, mustard and sugar or molasses. Continue baking until sugar browns and glazes the ham. Serve with raisin sauce.

For Sauce

$\frac{1}{2}$ cup seedless raisins	$\frac{1}{4}$ teaspoon cinnamon
$1\frac{1}{2}$ cups water	$\frac{1}{8}$ teaspoon cloves
1 lemon	$\frac{1}{2}$ cup brown sugar
1 orange	2 teaspoons cornstarch
$\frac{1}{4}$ teaspoon salt	1 tablespoon ham fat

Soak raisins $\frac{1}{2}$ hour in $1\frac{1}{2}$ cups water, then cook for 15 minutes in same water. Add lemon and orange juice, and grated rind of orange. Mix salt and spices with sugar and cornstarch, and add a little cold water. Stir into the raisins and stir until thickened. Add fat. Serve hot.



SERVE WITH
Baked
Sweet Potatoes
Whole Kernel Corn

There is good nutrition in any cut of meat



DRIED BEEF CURRY on Rice



SERVE WITH
Buttered Spinach
Raw Carrot Sticks

3½ or 4 oz. dried beef ¼ cup flour
¼ cup butter 2½ cups milk
 ¼ teaspoon curry powder
 2 cups boiled rice (hot)

Break beef in pieces and cook in butter until lightly frizzled. Add flour, then stir in milk until thickened. Add curry powder (more curry powder may be added if desired). Serve hot over freshly boiled rice.
Serves 4 or 5.

There is good nutrition in any cut of meat



Grilled
Liver

SAUSAGE-BURGERS



SERVE WITH
French Fried or
Shoestring Potatoes
Tomato Slices

$\frac{1}{2}$ -inch slices of liver
sausage

Butter

Round buns

Raw, pan-fried
or French fried
Bermuda onion
rings or

Pickle relish or chili sauce

Brown slices of liver sausage slowly in butter. Turn and continue cooking slowly until well browned. Split the buns. Toast if desired. Serve hot liver sausage slices between buttered halves of buns. Add onion, pickle relish or chili sauce as desired.

There is good nutrition in any cut of meat



HOT HAM ROLLS



SERVE WITH
Peas
Fruit Salad

2 cups ground baked
ham
2 cups sifted flour
3 teaspoons baking
powder
 $\frac{1}{2}$ teaspoon salt

4 tablespoons lard
 $\frac{3}{4}$ cup milk
2 cups thin white
sauce
2 tablespoons
minced parsley

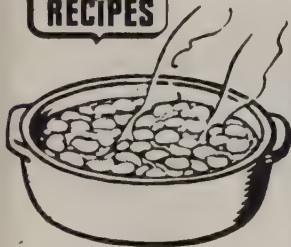
Make a biscuit dough of the flour, baking powder, salt, lard and milk. Roll out into rectangle $\frac{1}{8}$ inch thick. Mix enough white sauce with the ham to make a thick paste. Spread on the dough. Roll up as for a jelly roll. Cut into 1-inch pieces. Lay cut side up in a buttered baking pan. Bake 25 minutes in a hot oven (400° F.) until biscuit dough is done and brown. Serve hot, topped with white sauce and parsley. **Serves 6.**

There is good nutrition in any cut of meat



Baked Lima Beans and

BACON SQUARES



SERVE WITH
Cole Slaw

- 1 quart dried lima beans
- 2 teaspoons salt
- 1 tablespoon brown sugar
- $\frac{1}{2}$ teaspoon dry mustard

- $\frac{1}{2}$ teaspoon Worcestershire sauce
- 1 lb. bacon square
- $\frac{1}{4}$ cup dark molasses

Wash and soak beans in cold water overnight. Drain, cover with fresh water and cook slowly until skins break. Turn beans into baking dish. Pour boiling water over bacon square, scrape rind until white, cut into 1-inch squares and press into top of beans, leaving only rind exposed. Mix salt, brown sugar, molasses, mustard and Worcestershire sauce. Add 1 cup boiling water and pour over beans. Add additional water to cover beans, if necessary. Cover and bake in a slow oven (250-300° F.) for 6 to 8 hours, adding additional water to keep beans just covered. Uncover during last half hour to brown pork and beans. One small onion may be placed in bottom of bean pot. *Serves 6 to 8.*

There is good nutrition in any cut of meat



FRANKFURTERS in Blankets



SERVE WITH
Seven-Minute Cabbage
Whole Kernel Corn

8 frankfurters Standard baking powder
 biscuit recipe

Roll out dough (about $\frac{1}{4}$ inch thick). Cut in 4-inch squares. Place a frankfurter on each square and wrap dough around the frankfurter, moistening and pinching edges of dough together. Bake rolls in a moderately hot oven (425° F.) 15 minutes, or until done. May be served with white sauce to which a little prepared mustard has been added.
Serves 4.

There is good nutrition in any cut of meat



BAKED BACON SQUARES

with Cream Gravy



SERVE WITH
Candied Sweet Potatoes
Spinach

1 lb. bacon square $\frac{1}{2}$ cup corn meal
Boiling water

Cream Gravy

4 tablespoons flour 2 cups milk
4 tablespoons fat from baked slices

Slice bacon square one-fourth inch thick. Remove rind. Dip slices in boiling water, then in corn meal. Bake in an open pan in a moderate oven (350° F.) for 30 to 40 minutes.

To make gravy, remove meat and all but 4 tablespoons fat. Add flour to hot fat, stirring constantly. Add milk gradually, stirring until thick. **Serves 6.**

There is good nutrition in any cut of meat



CORNERED BEEF HASH



SERVE WITH
Peas and Carrots
Red Apple and Celery Salad

To cook brisket of corned beef: Simmer for 5 hours. Serve hot, or let cool in the cooking water for cold slices.

Corned Beef Hash

2 cups ground cooked corned beef

2 cups diced cooked potatoes

1 onion

1 tablespoon drippings

Combine corned beef, potatoes and minced onion. Cook slowly in hot drippings about 15 minutes or until well browned. **Serves 6.**

There is good nutrition in any cut of meat



FRIED SALT PORK and Cream Gravy

1 lb. salt pork
 $\frac{3}{4}$ cup corn meal
1 tablespoon lard

2 tablespoons flour
2 cups milk or
evaporated milk

Salt, pepper



SERVE WITH
Potatoes in Jackets

Have the salt pork cut into $\frac{1}{4}$ -inch slices. Cover with hot water for a few minutes, then drain. Dip each piece in corn meal and brown slowly in lard in a heavy frying pan. Remove from pan and drain off all but 2 tablespoons fat. Stir in flour. Cook two minutes, stirring well, then add the milk slowly. When the gravy is smooth, continue cooking for 10 minutes. Season if necessary. Pour over meat and serve hot.
Serves 6.

There is good nutrition in any cut of meat



PORK SAUSAGE and Corn Casserole



SERVE WITH
Baked Tomatoes

1 lb. pork sausage
patties
2 tablespoons butter
2 tablespoons flour

1 cup diluted
evaporated milk
1 cup fine cracker
crumbs
2 cups cooked whole kernel corn

Fry pork sausage patties until lightly brown. Make a white sauce by melting the butter, adding the flour and stirring in the milk. Stir until the sauce thickens. In an oiled baking dish arrange layers of crumbs, corn, sausage patties and white sauce. Top with buttered crumbs and a few pork sausage patties, and bake 30 minutes in a moderate oven (350° F.). *Serves 4 or 5.*

There is good nutrition in any cut of meat



Barbecued

FRANKFURTER Rolls



SERVE WITH
French Fried Potatoes
Cole Slaw

12 frankfurters
1 tablespoon butter
 $\frac{1}{2}$ onion, chopped
 $\frac{1}{2}$ teaspoon pepper
4 teaspoons sugar
1 teaspoon mustard
4 teaspoons Worcestershire sauce

1 teaspoon tabasco sauce
1 teaspoon paprika
 $\frac{1}{2}$ cup catchup
 $\frac{1}{4}$ cup vinegar
 $\frac{1}{2}$ cup water
Rolls
Green onions

Melt butter, add onion and cook until clear. Add pepper, sugar, mustard, Worcestershire sauce, tabasco sauce, paprika, catchup, vinegar, and water, and bring to a boil. With a sharp knife, cut 3-inch slit in each of 12 frankfurters and place in flat baking pan slit side up. Pour sauce over all and bake in 350° F. oven for 25 minutes. Baste frankfurters with sauce. Serve in split buttered toasted rolls with green onions. *Serves 6.*

There is good nutrition in any cut of meat



PORK SAUSAGE SKILLET



SERVE WITH
Crisp Green Salad

1 lb. sausage meat 1½ cups cooked
2 tablespoons tomatoes
minced onions 2 tablespoons catchup
2 cups cooked rice

If link sausage is used, cut into half-inch pieces. Pan-fry sausage and onions until brown. Pour off drippings. Add hot cooked rice, tomatoes and catchup. Blend. Cover and cook very slowly 30 minutes. **Serves 6 to 8.**

There is good nutrition in any cut of meat



HAM & POTATO SCALLOP



SERVE WITH
Baked Squash
Green Peas

2 cups diced
cooked ham
 $\frac{1}{2}$ cup diced celery
2 cups diced
cooked potatoes
Salt

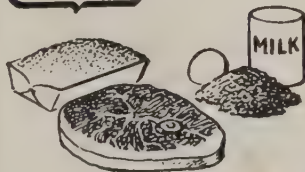
Pepper
3 tablespoons peanut
butter
2 cups thin white
sauce
 $\frac{3}{4}$ cup bread crumbs

Arrange alternate layers of ham, celery, and potatoes in a greased baking dish. Add seasoning, if desired. Melt the peanut butter in the white sauce, and pour over the layers. Sprinkle with crumbs, then bake in a moderate oven (350° F.) for 35 minutes. *Serves 4 or 5.*

There is good nutrition in any cut of meat



HAM LOAF



SERVE WITH

Broiled Peach Halves
Baked Sweet Potatoes
Horse-Radish Sauce

1 $\frac{1}{4}$ lbs. ground
smoked ham

$\frac{1}{2}$ lb. ground pork

1 cup crumbled corn
flakes (fine)

$\frac{1}{2}$ cup evaporated
milk

$\frac{1}{4}$ teaspoon cloves

1 tablespoon brown
sugar

1 egg

Mix crumbs, egg, sugar and cloves together. Add milk and ground meat and work together well. Pack in 2-lb. loaf pan and bake at 300° F. oven for 1 $\frac{1}{2}$ hours. Serve hot or cold. **Serves 6 to 8.**

There is good nutrition in any cut of meat



SERVE WITH
Mint Jelly on Orange Slices
Baked Potatoes
Green Peas

LEG OF LAMB

Mint Jelly Garnish

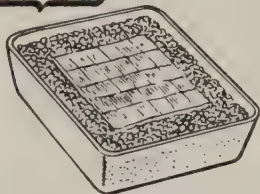
Choose a leg of lamb weighing $4\frac{1}{2}$ to 6 lbs. Have shank frenched if desired. Do not remove fell. Rub with $1\frac{1}{2}$ tablespoons salt and $\frac{1}{4}$ teaspoon pepper. If desired, small slivers of garlic may be inserted into deep narrow gashes in the meat. Place roast, fat side up, on rack in uncovered roasting pan. Roast in $300-325^{\circ}$ F. oven for 30-35 min. per pound or to "well-done" on the meat thermometer.

LAMB & MUTTON

There is good nutrition in any cut of meat



SALT PORK and Baked Beans



SERVE WITH
Cole Slaw or Green Salad
Baked Apples

1 quart navy beans
2 quarts water
1½ lbs. salt pork
⅓ cup molasses

1 tablespoon salt
3 tablespoons sugar
1 teaspoon mustard
1 cup boiling water

Soak navy beans overnight in cold water. Drain and cover with fresh water. Cook slowly 1 to 1½ hours or until skins burst readily when a bean is removed from pan and blown upon. Put in a large baking pan. Remove rind from salt pork, score in squares, bury in top of beans, leaving only scored portion exposed. Mix salt, sugar, mustard, molasses, boiling water, and pour over beans, adding enough additional water to cover beans. Cover dish and bake 6 to 8 hours in a slow oven (250° F.). Add hot water as needed. During last hour uncover to brown. *Serves 12.*

There is good nutrition in any cut of meat



BACON

Broiled, Pan-Fried,
or Baked



SERVE WITH ANY OF THESE
Omelet, Wheat Cakes, Waffles,
Fried Eggs, Hot Biscuits,
Liver, Sweet Potatoes,
Fried Tomatoes

To Broil: Place strips on rack of broiler or broiler pan set 3-3½ inches under moderate heat. Let broil only 2 to 2½ minutes to a side, turning when the top appears lightly crisped. *Watch the bacon, as it cooks very quickly.* Time 4 to 5 minutes.

To Pan-Fry: Lay strips in cold frying pan and cook over low fire, turning bacon occasionally and pouring off fat as it accumulates. Time 6 to 8 minutes.

To Bake: Lay strips on rack in any shallow baking pan with fat edges overlapping lean edge of next slice. Place pan on top shelf of 400° F. oven, and bake 12 to 15 minutes or until lightly crisped. **DO NOT TURN.**

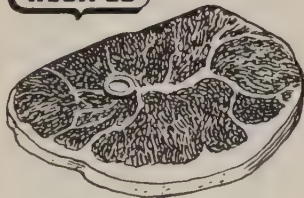
The Fat: Save and use to fry eggs or potatoes; to season vegetables and soup; for shortening in corn bread and muffins; in sauces.

There is good nutrition in any cut of meat



Broiled

HAM SLICE with Fruit



SERVE WITH
Creamed Potatoes
Buttered Wax Beans

Have dealer cut one $\frac{3}{4}$ -inch slice from face of the half ham for broiling. This slice will weigh about $1\frac{1}{4}$ lbs. Place ham slice on preheated broiler rack set 4-5 inches under a moderate heat unit. Broil 7 minutes to the side, turning once only.

Halves of peaches, pears or slices of pineapple may be brushed with butter and broiled during last 5-6 minutes on same rack. **Serves 4.**

There is good nutrition in any cut of meat



Lima Bean
and

BACON CASSEROLE



SERVE WITH
Tossed Salad

6 slices bacon
2 cups lima beans (dry)
1 teaspoon salt

1 cup tomatoes
 $\frac{1}{2}$ green pepper
 $\frac{1}{8}$ teaspoon pepper

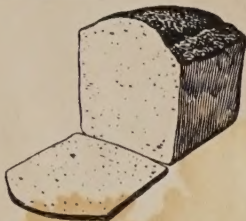
Cover lima beans with water and soak 4 hours; simmer 1-1 $\frac{1}{2}$ hours until tender. Season with salt, pepper, add tomatoes and chopped green pepper and place in a casserole. Add strips of bacon over the top and bake in a moderate (350° F.) oven 30 minutes. **Serves 5 or 6.**

There is good nutrition in any cut of meat



LUNCHEON LOAF

Served
Hot



Place a 3-lb. piece of meat loaf in oven in one piece. Heat in 350° F. oven 1 hour and serve with scalloped vegetables.

Or broil $\frac{1}{4}$ -inch thick slices 3 minutes on each side. Vegetables such as green beans, corn or hominy may be heated under the broiler rack in the drippings from the loaf.

There is good nutrition in any cut of meat

WARTIME
 REWARDS
 2341932

LUNCHEON LOAF

Served
 Hot



Place a 3-lb. piece of meat loaf in
 oven in one piece. Bake in 350°
 F. oven 1 hour and serve with
 tomato sauce.
 Or broil in oven. Bake about 2
 hours on each side. Vegetables
 and hot green beans (canned)
 make a good accompaniment.
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